MAGNOTTA RETURNS

THE LONE SUSPECT IN MONTREAL'S BODY-PARTS KILLING IS BACK IN CANADA PAGE 8

FRIDAY'S DRAW
$50 MILLION estimated + 20 MAXMILLIONS estimated
Lotto MAX

TORONTO metro®
Tuesday, June 19, 2012
News worth sharing.
metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

Little Italy gunman dressed as a construction worker

Gelato shop shooting.
One person dead and another sent to hospital in afternoon attack

A woman reacts near the scene of a fatal shooting Monday. One man is dead and another was sent to hospital after multiple shots were fired at Sicilian Sidewalk Café in Little Italy. Police are looking for a suspect described as six feet tall with blond hair. He was wearing a white hard hat, a safety vest and a white filter mask.
CARLOS OSORIO/TORSTAR NEWS SERVICE

Police are searching for a gunman who was wearing a hard hat and orange safety vest when one man was shot dead and another injured at a Little Italy café Monday.

The shooting happened at Sicilian Sidewalk Café, where a crowd was watching the Italy vs. Ireland soccer match.

EMS confirmed the first patient was pronounced dead at the scene around 3:30 p.m..

Police said the shooter was wearing a white construction hat, an orange safety vest with green fluorescent X's on the front and back. He's about six feet tall with dirty blond hair.

There are numerous security cameras in the area, which police are reviewing.

The second victim suffered "minor injuries," but Const. Wendy Drummond would not say if he was hit with a bullet.

"It could have been much worse," said Drummond. "The area was packed."

One witness who asked not to be named said a man pushed a bystander out of the way, then fired into the torso of one victim and toward the head of another.

One victim was taken away by an ambulance around 3:45 p.m.. As of six p.m. a body remained at the scene covered by a tarp. A girl who neighbours identified as a victim's girlfriend left in tears surrounded by friends. Both victims are known in the area.

Shasha Nakhai was across the street when she heard the shots.

"Everyone just froze for a second," she said, before people started spilling into the street. "There were a lot of kids."

Police cordoned off College Street in both directions between Grace Street and Crawford Avenue for investigation.

TORSTAR NEWS SERVICE

Panic

"People were screaming and running, picking up children like footballs."
Dyane Campbell, who was eating lunch with a friend across the street

Hard-headed about helmet legislation

Toronto's cycling advocates are praising the Ontario coroner's road-safety recommendations except for one — they don't support making helmets mandatory for adults PAGE 3

From last place to behind bars

Toronto FC's Nick Soolsma is one of the team's three players facing charges after a drunken brawl outside of a Houston nightclub PAGE 43

INTRODUCING

dine on 3

Inspire your sense of adventure.

With 19 eateries and licensed restaurants, Yorkdale's new Dine on 3 Food Collection and Patio on the third floor offers something for every taste.

Whatever you're craving, no matter what cuisine – Chinese dumplings, Greek souvlaki, Thai mango salad, Italian gelato or espresso, Indian butter chicken, Japanese sashimi, a homemade burger, gourmet grilled cheese, or a glass of red wine or fresh-squeezed fruit juice – at Dine on 3, you'll find a world of appetizing possibilities.

Yorkdale

Be Inspired.

A&W BOOSTER JUICE SU&SHI ESPRESSAMENTE ILLY CHIPOTLE MEXICAN GRILL LA PALOMA VILLA MADINA FAMOSO NEAPOLITAN PIZZERIA BIG SMOKE BURGER JIMMY THE GREEK AMAYA EXPRESS THAI EXPRESS KFC TERIYAKI EXPERIENCE MANCHU WOK GLOW PRESS SUBWAY NEW YORK FRIES SHANGHAI 360

OXFORD

MANAGED WITH PRIDE

Cycling review pushes for truck side guards, helmets

Safety. Coroner's report, released Monday, comes as cycling advocates wage battle to persuade city to keep bike lanes on Jarvis Street

Cycling advocates are praising an Ontario coroner's recommendations to make the province's roads safer for cyclists — with one exception.

They like the coroner's call for side guards on trucks that would prevent cyclists from being pinned under the wheels, and they approve of building more road space for bikes to prevent collisions.

But bike advocates don't necessarily support mandatory helmets for adults — a key recommendation of the coroner's review of 129 bike fatalities between 2006 and 2010.

Helmets sound like an easy fix but could do more harm than good because they discourage people from biking at all, say the advocates, who are stressing that the coroner has recommended a thorough study of the impacts before any helmet legislation is introduced.

The Cycling Death Review found that only 27 per cent of those killed were wearing helmets. Even among victims under 18, a group required to wear helmets, only 44 per cent of the victims had been wearing one. TORSTAR NEWS SERVICE

Reaction

Side guards on NDP's radar

NDP transportation critic Olivia Chow said the review is one more indication the federal government needs to legislate side guards on trucks, which would prevent tragedies like last year's death of Toronto mother Jenna Morrison.

Chow's efforts to persuade the government failed in 2006 and 2010.

In addition to keeping cyclists from being pinned underneath, side guards — at a cost of about $800 to $2,000 per vehicle — save fuel by making a truck more aerodynamic, she said. TORSTAR NEWS SERVICE

Mississauga. Mom charged with murder in toddler's death

It was an enduring mystery, with many questions, no answers. On Sept. 20, 2011, a three-year-old girl was taken to a Mississauga walk-in clinic, where her condition was deemed critical. She was taken to Trillium Health Centre, then Sick Kids, placed on life support with serious brain injuries. She died the next day.

For three days, police were in and out of the little girl's home at Green Meadow Crescent in Mississauga. Neighbours were questioned about whether they'd seen anything. But no information was released — not the circumstances, cause of death, or even the name of the child.

Nine months later, Nandini Jha, 35, is charged with second-degree murder in the death of daughter Niyati.

In a news release Monday, Peel Region police said investigators were assisted by the provincial forensic pathologist, the office of the chief coroner, and the Hospital for Sick Children's unit for suspected child abuse and neglect.
TORSTAR NEWS SERVICE

Markham. Killer's jail transfer confounds victims' families

The families of two Markham women murdered by Christopher Little say they deserve to know why he has been quietly transferred from maximum security Kingston Penitentiary to a medium-security prison.

There is suspicion he was shuffled because of the pending shutdown of Kingston Penitentiary, said Judy Crocker, whose daughter Julie Crocker was slashed to death by Little in her bed in February 2007.

"I find it very hard to believe that this closure has nothing to do with it (transfer)," Crocker's sister, Jill Dubrick, said in an interview.

"It's just like a slap in the face," said Claudia Johnston, whose sister, Paula Menendez, was strangled to death by Little.
TORSTAR NEWS SERVICE

There's no place like a Mirvish audition

Close to 600 young women lined up outside CBC's Glenn Gould Studio on Front Street Monday for their chance to become the next Dorothy. Over the Rainbow, the CBC TV reality show, is out to find the lead for the Mirvish production of The Wizard of Oz, opening in Toronto early in 2013. Sixty hopefuls from Toronto will join the 40 already selected from the rest of the country at Thursday's session. That 100 will be whittled down to 20. One final cut will bring it down to 10 Dorothys from which a team of judges and TV viewers across Canada will pick a winner. DAVID COOPER/TORSTAR NEWS SERVICE

1 NEWS

On the web

Obesity surgery linked to alcohol abuse

Maybe looking good really does come with a price. A recent study found the most common type of obesity surgery may increase patients' chances of abusing alcohol. Go to metronews.ca to read the story.

Mobile news

Facebook just got a whole lot more tech savvy after purchasing a facial-recognition-technology company that helps people tag photos on the web by figuring out who is in them. Scan the code to read more.

GET OUT OF DEBT WITHOUT BANKRUPTCY!

CALL THE Licensed Debt Professionals™ FREE CONSULTATION 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, C.A., CIRP, Trustee

Eglinton transit line.
Get the dirt on Toronto's excess soil problem

The amount of soil from tunnelling the Eglinton Crosstown transit line could fill the Rogers Centre to the roof.

Until recently, the project loomed as another headache for more than 900 residents who have been fighting plans for trucks to deliver commercial fill to their nearby communities from Toronto construction sites over the next 10 years.

But Toronto is studying another option — using the soil instead to build islands at the mouth of the Humber River, the same way the Leslie Street spit was built out of soil from downtown construction projects 40 years ago. The city's water department proposed building the archipelago to deflect Humber River water away from Sunnyside Beach to make it consistently safe for swimming.

It would require up to two million cubic metres of soil. A staff report suggested Eglinton Crosstown could supply 800,000 cubic metres.

The transit project's environmental assessment estimates a total of 1.8 million cubic metres of excavated soil would be available.

Keeping it in the city would be a relief to Lakeridge Citizens for Clean Water, said member Ian McLaurin, who has been fighting a site near his Port Perry home.

"That's not a bad spot for it," McLaurin said of the proposed location of the mouth of the Humber. "We don't want it up here." TORSTAR NEWS SERVICE

Uncontaminated

The soil will be coming from deep underground on a route that doesn't have a long history of heavy industry, said Lou Di Gironimo, general manager of Toronto Water.

- "For the most part, it should be relatively clean," he said. "Usually, you find contaminants near the surface at old industrial sites."

Principal leaving

Open position at Africentric school

It could be the trickiest principal's posting in Canada — head of the country's only public Africentric elementary school — and after three years, Thando Hyman is getting out. Whether she was pushed remains a topic of grassroots speculation, but Trustee Howard Kaplan said that Hyman has asked for a switch to another school effective this fall.
TORSTAR NEW SERVICE

Biracial couple targeted

Man sentenced in harassment case

A 63-year-old man has been sentenced after pleading guilty to mischief and criminal harassment in the case of a biracial couple that was targeted in Newmarket.

The man, Anthony Burke, received a 60-day conditional sentence, one year of parole, and was ordered to pay $4,000 in restitution Friday.
TORSTAR NEW SERVICE

Fords come up short in 'Cut the Waist' challenge

The weight is over.
The mayor struggled during the high-profile challenge, missing several of the weekly weigh-ins

Mayor Rob Ford and Coun. Doug Ford have their final weigh-ins for their Cut the Waist Challenge. The mayor weighed in at 313 pounds (having started at 330 pounds) while Doug ended the challenge at 240 pounds, down from 275 pounds. KEITH BEATY/TORSTAR NEWS SERVICE

Toronto Mayor Rob Ford ended his public weight-loss campaign short of his goal and with a sore ankle.

Ford tipped the scale at 313 pounds before tripping off it and falling into his brother Coun. Doug Ford at the final weigh-in Monday for his "Cut the Waist" challenge.

"I could've done better," Ford said of his weight pledge as he nursed an ankle that he said was twisted in the stumble.

He began the belt-loosening drive at 330 pounds in January when he first stepped onto the large scale set up outside his office.

Ford lost a total of 17 pounds, and said he and his brother will keep trying to lose weight — but without the public weigh-ins.

The Fords had pledged to each shed 50 pounds by the end of June, encouraging Torontonians to join them in slimming down and to donate money to charity for every pound the pair lost.

"We'll keep working hard and cut down," said the mayor, whose weight has fluctuated in the last five months.

Ford appeared at the final weigh-in with his brother despite abandoning his weight-loss pledge and shelving his diet plan in late May. He had missed several of the weekly weigh-ins since then.

Doug Ford followed the mayor onto the scale, which rang in the councillor at 240 pounds — 35 pounds lighter since January.

He said watching what he ate, daily exercise and the motivation of his brother were behind his success.

"In my opinion? I lost 35 pounds and I didn't really try.

"It took so much nerve for a guy — like both of us who are pretty heavy guys — to come out publicly like this and admit that, you know, we've got a weight issue," he said.

"We're just going to continue on preaching living healthier, eating healthier — and I still have another 20 pounds to go, and I'm not going to stop."
TORSTAR NEWS SERVICE

Shrinking city

602 lbs.

As of Monday, people in Toronto lost 602 pounds alongside the Ford brothers, the challenge website says.

Raising funds

$21K

More than $21,000 in pledges to charities were made during the campaign.

Keep dogs playing strong with new Iams Senior Plus.
NEW
SEE THE IAMS DIFFERENCE GUARANTEED
Puppy 0-1
Adult 1-6
Mature Adult 7-10
Senior Plus 11+
Iams Senior Plus for dogs 11 and older. It helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.
*IAMS DOG FOODS OFFER A 100% SATISFACTION GUARANTEE. Questions? Comments? Call us at 1-877-894-4458. If you are not satisfied with this product, simply save the unused portion, together with the proof of purchase, and call us. We will gladly replace the product or refund your money.
**vs Iams Original or Iams Adult.
Available at Walmart
Save money. Live better.

YOUR NUMBER COULD BE A WINNER!

NEW PICK-2 LOTTO. SUPER EASY TO PLAY!

VISIT YOUR LOTTERY RETAILER.

Know your limit
Play within it

knowyourlimit.ca

olg.ca
1-800-387-0098

OLG

Budget showdown grips Queen's Park

Election threat. Opposition parties continue to remove sections from bill

The threat of a summer election in Ontario grew again Monday after the opposition parties called Premier Dalton McGuinty's bluff and removed another key section from the Ontario budget.

McGuinty had warned the New Democrats on Sunday to stop making major changes to the Liberal budget at committee if they wanted to let it pass, as promised, and avoid triggering another election.

NDP Leader Andrea Horwath held a news conference early Monday to say she heard the premier's concerns about not wanting any more major sections removed from the budget.

The NDP reduced the number of sections they wanted eliminated from 13 to four, but would try to eliminate those four on labour arbitration at the finance committee, she said.

"Mr. McGuinty put forward a set of ultimatums and I looked at those ... and I believe that we have significantly altered our path so that we can move forward to voting on a budget on Wednesday," Horwath told reporters.

NDP Leader Andrea Horwath speaks at Queen's Park Monday.
THE CANADIAN PRESS

The premier didn't respond to Horwath, but Finance Minister Dwight Duncan issued a statement saying he was disappointed Horwath "has no intention of keeping her word" to allow the budget to pass.

"If the intent of any budget schedule is reversed, or a schedule itself is blocked, I will have no choice but to request the premier to review all options," Duncan warned in his statement.

There are dozens of schedules attached to the omnibus budget bill that amend other pieces of legislation, which the opposition parties say should be standalone legislation.

By mid-afternoon, the NDP and Conservatives joined forces to eliminate a budget schedule dealing with arbitration for firefighters.

The Liberals pointed out that the Tories had campaigned on updating the arbitration system, and questioned why they would team up with the NDP to remove it from the budget unless it was to try to force an election.

"They will be voting against their very own platform ideas," Liberal Yasir Naqvi told the committee before comparing the Tories to spoiled children.

"It's like they asked for chocolate ice cream. We gave them chocolate ice cream, now they're spitting it out," said Naqvi. "It defies common sense, and I'll let the public decide what's going on here." THE CANADIAN PRESS

Quoted

"I don't answer to Mr. McGuinty. I answer to the people of Ontario."

NDP Leader Andrea Horwath

Rallying for refugees

Protesters gather in front of Citizenship and Immigration Canada's Toronto headquarters on St. Clair Avenue Monday to protest against Ottawa's planned health-care cuts for refugees. Around 500 people — doctors, nurses, midwives, dentists and social workers — lined the street demanding that Ottawa rescind the plan.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Labour ministry asks firms to comply with stage-collapse investigation

A company identified by the provincial Ministry of Labour as one of at least four involved in a stage collapse at a Radiohead concert, which killed the band's drum technician, is registered to the U.K. rock group.

Ticker Tape Touring LLP lists guitarist Jonathan Greenwood, drummer Philip Selway, bassist Colin Greenwood, guitarist Ed O'Brien and singer Thom Yorke as board members, according to online corporate listings.

In addition to Ticker Tape Touring, Toronto-based Optex Staging and Services, Inc., Nasco Staffing Solutions and Live Nation, the concert promoter, have all been asked to comply with an ongoing investigation into the June 16 accident at Downsview Park, ministry spokesperson Matt Blajer confirmed.

While Blajer could not disclose specifics, he said the ministry has issued orders "mainly to Live Nation." Stage blueprints signed and approved by a professional engineer have already been provided to investigators.

As three inspectors and two engineers from the ministry continued inspection at the scene Monday, Blajer stressed that the investigation will "take time to unravel." The number of companies operating at the site remains unknown, posing a challenge to investigators. Large-scale concerts often involve separate staging, lighting, sound and video companies.

The collapse killed drum technician Scott Johnson, 33, who was crushed when the massive stage fell around 4 p.m. TORSTAR NEWS SERVICE

Quoted

"We're still trying to figure out who owns what, who's responsible for what. You've got lighting technicians, sound technicians, the band's people — we're trying to figure out who worked for whom."

Ministry of Labour spokesperson Matt Blajer

100% PERMANENT HAIR REMOVAL

YES!!!
Go to our new website now at www.omihair.com
100% REFUND
Clinical case studies for all laser treatments!
CASES NEEDED CALL NOW!
OMI MEDICAL INC. • 416.223.5500
www.omihair.com • OPEN 7 DAYS A WEEK

Say si to the city on the sea.
Non-stop flights to San Juan, Puerto Rico.

One-way fares from Toronto to San Juan:
From
$159 + $81 taxes, fees & surcharges = $240*

Book by June 26, 2012 for travel on Saturdays until October 27, 2012.*
Looking for flight plus hotel? WestJet Vacations offers a variety of great packages.

Book your flights or vacation package today at **westjet.com** or call your travel agent.

PUERTO RICO DOES IT BETTER
seepuertorico.com
WESTJET vacations
WESTJET

*Book by June 26, 2012 (11:59 p.m. MT) for travel on Saturdays until October 27, 2012. Fares on other days may be higher. Advertised taxes and fees for U.S., Mexico and Caribbean destinations can fluctuate based on exchange rate. Advertised fares only apply to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our code share, interline or other airline partners. Fuel surcharge between $22 - $45 per direction still applies to Air Miles™ redemption bookings. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Flights may not operate on certain days. All fares shown are one-way.

Buytopia.ca negotiates incredible, limited time discounts up to 90% off popular Toronto businesses by arranging a group discount

Limited Time to Buy, 1 Year to Redeem!

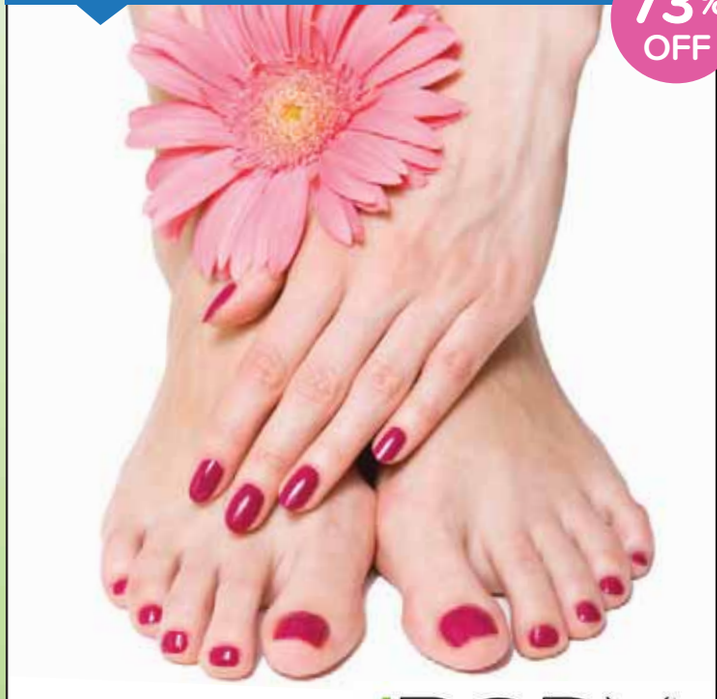
buytopia.ca

Because life is better at 50 - 90% off

GREAT DEALS FOR SUMMER

Must buy from **buytopia.ca** before **11:59pm Wed June 20**

73% OFF



1BODY bar

~~$90~~

$25 for a Shellac Manicure & Shellac Pedicure

- Lasts for at least 2 weeks without fading or chipping
- Located in Downtown Toronto at Osgoode Station
- Prep your nails for summertime!
- Toronto's only health conscious body bar!
- Add a **hand & feet paraffin treatment** for only $4 more!

Must buy from **buytopia.ca** before **11:59pm Thur June 21**

50% OFF

~~$46~~

$23 for a 40-Minute Session of Go-Karting at Polson Pier

- Great summer group activity
- Valid for both the road course & the new NASCAR oval!
- Location minutes from downtown Toronto on the beautiful waterfront

Must buy from **buytopia.ca** before **11:59pm Wed June 20**

60% OFF

~~$71~~

$29 for a Wine Tour & Tasting for 2 People & Two Bottles of Wine

- Extensive list of VQA wines including Riesling, Chardonnay, Merlot & more
- Located in beautiful Niagara wine country
- Also one of the region's premiere golf destinations

Must buy from **buytopia.ca** before **11:59pm Thur June 21**

42% OFF

~~$24~~

$14 for a Dozen French Macaroons

- Over 29 flavours to choose from
- Enjoy the sweet, romantic taste of Paris in your own home
- Toronto's BEST macaroons

Must buy from **buytopia.ca** before **11:59pm Thur June 21**

98% OFF

Unlimited Laser Hair Removal for Unlimited Body Parts

starting at ~~$3500~~ $89

- Multiple locations including **Yorkville**, **North York** & **Mississauga**

RECEIVE ADDITIONAL 5% OFF WITH PROMO CODE: metro19jt

Refer a friend to these deals and earn up to $50 each time! Visit www.buytopia.ca or call us for more details

Questions about these incredible offers? Call us toll free 1.855.442.2220

These deals must be purchased at WWW.BUYTOPIA.ca

Right to die. 'We have emerged from the Dark Ages,' ALS patient says

Gloria Taylor says she's happy that she can now have the option to "die with dignity," but she still hopes to live a long life.

The 64-year-old West Kelowna, B.C., woman, who suffers from Lou Gehrig's disease, or ALS, spoke publicly for the first time Monday since her landmark B.C. Supreme Court case that saw laws banning doctor-assisted suicide in this country deemed unconstitutional and discriminatory.

"It took a long time, and now, finally, we have emerged from the Dark Ages to realize that dying is a part of living," Taylor said.

Justice Lynn Smith suspended her ruling for one year to allow Parliament time to make its next move, but granted an exemption that allows Taylor to seek doctor-assisted dying during that period.

PHYLICIA TORREVILLAS/ METRO IN VANCOUVER

Gloria Taylor
PHYLICIA TORREVILLAS/METRO

Mexican beating

Government sure of conviction

Prosecutors have wrapped their case in the violent beating of Calgarian Sheila Nabb at a Mexican resort and say the fact the accused has not been freed is proof he's guilty. METRO

Travis Baumgartner

Suspect likely to be back home soon

Triple-murder suspect Travis Baumgartner could be back in Edmonton as soon as Wednesday, as investigators have wrapped up initial interviews with him in Langley, B.C. METRO

Alleged killer Magnotta returns to face justice

A convoy of police vans leaves Mirabel airport carrying Luka Rocco Magnotta on Monday in Mirabel, Que. PAUL CHIASSON/THE CANADIAN PRESS

Body-parts case.
Suspect arrives in Quebec, where he's expected to be charged with first-degree murder

Luka Rocco Magnotta, the lone suspect in a brutal Montreal killing that made headlines around the world, is back home to face justice on Canadian soil.

Magnotta landed aboard a military plane that took off from Germany, where the 29-year-old was arrested earlier this month following an international manhunt, and he arrived at Mirabel airport near Montreal just before 7 p.m. Monday.

He arrived under a wall of security.

A convoy of emergency vehicles, with flashing lights, rolled out to meet Magnotta. A half-dozen men escorted him down the stairs off the plane, onto the tarmac, and into a minivan in the convoy. Standing nearby were armed guards, at least one carrying an assault weapon.

Magnotta was being restrained on the plane, federal sources said. His fellow passengers on the military transport aircraft included officials and law enforcement from Canada and Germany, those sources added.

Magnotta is expected to face numerous criminal charges, including first-degree murder. He could face a judge as early as Tuesday.

Magnotta was arrested in a Berlin Internet café after Montreal police issued a warrant for his alleged connection to last month's killing and dismemberment of Montreal university student Jun Lin. THE CANADIAN PRESS

Court appearance

The Quebec prosecutor's office said Magnotta would likely have to appear in court within 24 hours, in keeping with Article 503 of the Criminal Code.

FLIGHT CENTRE® Unbeatable

Europe Airfare Deals

Glasgow $2
Travel Jun 22 - Jun 29/ts + taxes & fees $497

Manchester $2
Travel Jun 22 - Jul 3/ts + taxes & fees $497

Newcastle $69
Travel Jun 26 - Jul 4/ts + taxes & fees $584

Lisbon $269
Travel Jul 11 - Jul 19/wg + taxes & fees $379

Airfares

Fort Lauderdale $16
Travel Jun 23 - Jun 30/ts + taxes & fees $283

Orlando $16
Travel Jul 20 - Jul 27/ts + taxes & fees $283

Costa Rica $95
Travel Jun 25 - Jul 02/wg + taxes & fees $330

Miami $198
Travel Jul 10 - Jul 19/ws + taxes & fees $128

New York $198
Travel Jul 11 - Jul 15/ws + taxes & fees $113

Beijing $589
Travel Sep 26 - Oct 10/jl + taxes & fees $544

Canada

Niagara Falls Family Special
2 Nights $44◊
Ramada Niagara Falls taxes & fees included
INCLUDES accom near Falls Avenue. Price per person based on family of 4. Travel Jun 20/ggv. ADD Maid of the Mist for $21. BOOK this package based on double occupancy for $92.

Montreal Jazz Festival, 3 Nights $226
Le Nouvel Hotel and Spa taxes & fees included
INCLUDES downtown accom. Travel Jul 3/ggv.

All-inclusive Vacations

Riviera Nayarit
7 Nights 5-Star
$275
Riu Jalisco + taxes & fees $357
Departs Jun 21/swg/wg.

Jamaica 7 Nights 4-Star $295
Braco Village Hotel & Spa + taxes & fees $366
Departs Jun 23/swg/wg.

Panama 7 Nights 4-Star $347
Royal Decameron + taxes & fees $314
Departs Jun 25/nol/c6.

Cruises

Bahamas 4-Night Cruise
$199
Norwegian Sky + taxes & fees $98
CRUISE roundtrip Miami and visit Freeport, Great Stirrup Cay and Nassau. Sails Sep 3/ncl. UPGRADE to oceanview stateroom for $8 per night.

Eastern Caribbean
7-Night Cruise USD $379
Carnival Liberty + taxes & fees USD $116
CRUISE roundtrip Miami and visit Nassau, St Thomas, San Juan and Grand Turks. Sails Nov 10/ccl.
UPGRADE to oceanview stateroom for $26 per night.

Southern Caribbean
7-Night Cruise USD $379
Carnival Victory + taxes & fees USD $79
CRUISE roundtrip San Juan & visit St Thomas, Barbados, St Lucia, St Kitts and St Maarten. Sails Dec 2/ccl.
UPGRADE to oceanview stateroom for $11 per night.

Cruise & Stay

Miami
Air + 3 Nights + 4-Night Cruise $659
Carnival Destiny, Deauville Beach Resort + taxes & fees $204
INCLUDES 4-night cruise sailing roundtrip Miami visiting Key West and Cozumel, and 3 nights Noth Miami Beach accom. Departs Aug 16/ggv/ccl/aa.

USA

Orlando Family Special
Air + 7 Nights + Car
$129◊
Champions World Resort + taxes & fees $284
INCLUDES accom near theme parks with 7-day car rental. Price per person based on family of 4. Departs Jun 22/ggv/ts. BOOK this package based on double occupancy for $199.

Las Vegas Air + 4 Nights $215
Imperial Palace + taxes & fees $309
INCLUDES accom on the Strip. Departs Jul 8/swg/wg.

Miami Air + 3 Nights $354
Deauville Beach Resort + taxes & fees $129
INCLUDES Miami Beach accom. Departs Jul 16/ggv/ws.
UPGRADE to 4-star Sonesta Bayfront Hotel for $34 per night. ADD Jungle Island entry for $51.

New York City Air + 3 Nights $575
Holiday Inn Soho + taxes & fees $126
INCLUDES Manhattan accom. Departs Jul 10/ggv/ws.
UPGRADE to 4-star Andaz Wall Street for $36 per night. ADD Empire State Building entry for $21.

Like us on Facebook | Follow us on twitter

LOWEST AIRFARE GUARANTEE We will beat any airfare quote or you fly free!

1 866 485 7092 | TEXT Join our Insider Club for hot deals. Text YYZ to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Toronto. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price is per person for quad occupancy (2 adults & 2 kids ages 2-17). vth/ts=transat, swg/wg=sunwing, ws/ww=westjet, jl=japan airlines, ggv=gogo vacations, ua=united airlines, ccl=carnival cruise, swg/wg=sunwing, nol=nolitours, c6=canjet, ncl, norwegian cruiselines, vth/ts=transat, aa=american airlines.. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

"No fuss, no muss! Awesome and affordable phones. Period."

– LeRoi L. of Toronto
WIND CUSTOMER SINCE MAY 2011

THAT'S THE POWER OF

WIND™

FROM JUNE 19 – 25TH

SMARTPHONES AT A STUPID PRICE

$0 on WINDtab™

HTC Radar™ 4G | BlackBerry® Torch™ 9810 | Samsung Galaxy Nexus™ | HTC Amaze™ 4G | BlackBerry® Bold™ 9790

When you join our monthly plan

$40 UNLIMITED CANADA-WIDE TALK + TEXT + DATA

From anywhere on our network to anywhere in Canada.

NO TERM CONTRACT. NO HIDDEN FEES.

Learn more at

WINDmobile.ca

Offer available for a limited time and while quantities last. Phones must be purchased with WINDtab and activated at time of purchase on our $40 plan. Other conditions apply. All services subject to our standard terms of service. Learn more at WINDmobile.ca. BlackBerry® and related trademarks, names and logos are property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Samsung and Galaxy are trademarks of Samsung Electronics Canada, Inc. and/or its related entities and are used with permission. Screen images simulated. Google, Nexus and Android are trademarks of Google Inc. WIND and WIND Mobile are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © WIND Mobile 2012. All other trademarks are property of their respective owners.

Man with no legs climbs Kilimanjaro

Redefine possible.
Spencer West climbs Africa's tallest and most famous mountain

ELISHA DACEY
Metro in Winnipeg

An American man who challenged tens of thousands of Canadian teens to redefine their possible last year has done the same thing for himself.

Spencer West, who lost both his legs due to a genetic disorder when he was five and walks using his hands, reached the summit of Mount Kilimanjaro on Monday.

"It's dark right now, but the view was spectacular," said West, speaking to Metro from the top of the mountain by satellite phone.

Seven-day climb

West has helped raise more than $500,000 for Free the Children during the climb. It will take about two days to get back to base camp.

- He spent 80 per cent of the climb walking on his hands; the rest in his chair or strapped to a team member's back.

"We're exhausted right now and I'm sure once we're rested I'll be able to talk about things in a more inspiring way," he joked.

West is a motivational speaker with Me to We, part of Free the Children, a Canadian charity that fights for the rights of children around the world. Last year, he participated in We Day, a day of stories, music and speeches that empowers teenagers.

Spencer West leads the expedition on Mount Kilimanjaro on Day 6.
METRO/FREE THE CHILDREN

Chilliwack, B.C. Hang-gliding pilot to be tried in April on obstruction-of-justice charge

A hang-gliding pilot will stand trial next year in connection with the death of a woman who plunged to her death over the Fraser Valley in April.

William Jon Orders appeared in Chilliwack court on Monday, and his court date has been set for next April 15.

He is charged with obstructing justice.

Lenami Godinez-Avila plunged 300 metres from the tandem hang glider Orders was flying.

Police have accused Orders of swallowing a memory card from his hang-glider's camera after Godinez-Avila fell to her death.

The victim, 27, was taking the tandem hang-gliding trip as a celebration of her second-year anniversary with her boyfriend.

In May, Orders made a public apology to the woman's family and friends for the incident, saying he "panicked" in the moments after the accident.

When Orders set out to take the young woman soaring through the skies over scenic British Columbia, his goal was to give her an "amazing adventure" and "lots of smiles."

William Jon Orders leaves a courthouse in Chilliwack Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

Instead the 50-year-old acknowledged last month that he "failed in a major way."

"I want so much to relive that day and to have it turn out differently," he said of the accident in a statement obtained recently by The Canadian Press.

THE CANADIAN PRESS

Winnipeg

Several people injured by bear spray

Several people, including a baby, needed medical attention after bear spray went off in a tent at the Red River Exhibition in Winnipeg on the weekend.

Police say the five-month-old infant and a dozen others were hit with the spray while inside a first-aid tent on Sunday.

No one was seriously injured.

Charges are pending against three boys, ages 12 and 13.

THE CANADIAN PRESS

Corruption inquiry

Quebec construction industry like a cartel: Witness

A star witness at Quebec's corruption inquiry delivered a long-awaited torrent of names as he testified Monday about a construction industry rife with wrongdoing.

Jacques Duchesneau described an industry that operated like a cartel when it came to public works — fixing prices, driving up costs and squeezing out honest competitors. Collusion was made easier by an underqualified civil service. THE CANADIAN PRESS

Dell recommends Windows® 7.

The New Inspiron R

Give your grad an inspiring gift. Give them a new Dell PC.

The power to do more

15.6"

New Dell™ Inspiron™ 15R

Personalized Style & Entertainment

$599.99*

E-Value™ Code: **33555-I15RNP7**

$17/mo[A]

- 3rd gen Intel® Core™ i5-3210M processor
- Windows® 7 Home Premium
- 6GB* Memory*; 500GB* Hard Drive
- Integrated Webcam with Microphone
- Intel® 2230 Wireless-N
- 8X DVD+/-RW* Drive

Moon Silver switch lid comes standard. Optional SWITCH by Design Studio lid starting at **$29.99***

17.3"

New Dell Inspiron 17R

Move over, desktop - this affordable laptop has everything you need.

$699.99*

E-Value™ Code: **33555-I17RNP7**

$20/mo[A]

- 3rd gen Intel® Core™ i5-3210M processor
- Windows® 7 Home Premium
- 6GB* Memory*; 750GB* Hard Drive
- Intel® 2230 Wireless-N
- Integrated Webcam with Microphone
- 8X DVD+/-RW* Drive

Moon Silver switch lid comes standard. Optional SWITCH by Design Studio lid starting at **$29.99***

15.6"

Dell XPS™ 15

If you're looking for an affordable family laptop that offers reliability and performance, this machine checks all your boxes.

Starting Price ~~$1199.99~~*

$899.99* **Total Savings $300***

E-Value™ Code: **33555-XP15NP7**

$25/mo[A]

- 2nd gen Intel® Core™ i7-2670QM processor
- Windows® 7 Home Premium
- 8GB* Memory*; 750GB* Hard Drive
- Intel® Centrino® Wireless-N 1000 Card
- 1GB NVIDIA® GeForce® GT 525M Graphics Card*
- 8X DVD+/-RW* Drive

Upgrade to Tray Load Blu-ray Disc™ combo (reads Blu-ray Disc™ and writes CD/DVD) for **$100***

New Dell XPS 8500

State-of-the-art design from the inside out combined with a powerful Intel® Core™ i7 processor.

Starting Price ~~$899.99~~*

$799.99 **Total Savings $100***

E-Value™ Code: **33555-XP85NP7**

$22/mo[A]

- 3rd gen Intel® Core™ i7-3770 processor
- Windows® 7 Home Premium
- 8GB* Memory*; 1TB* Hard Drive
- ATI Radeon™ HD 7570 1GB GDDR5
- 8X DVD+/-RW* Drive
- Dell™ Wireless 1703 802.11 N Bluetooth

Add 3 year total support for **$239***

Sony® Alpha SLT-A37 16.1 MP DSLR Bundle* with 18-55mm Lens

Starting Price ~~$799.99~~

$599.99 **Total Savings $200***

SKU: **A6115916**

$17/mo[A]

- Includes Sony 8GB Class 10 SD Card and Photo Creativity Suite

Student Only Offer

Save up to an additional **$100** on select PCs over **$750.** Find the best offers just for students at Dell.ca/studentoffers

Opt for easy financing.

Enjoy No Interest offers starting at $699. Pay in full before end of no interest* period to take advantage. Conditions apply.

Call or visit Dell.ca/nointerest for details.

Dell.ca/**deals** or 877-703-7735

Sign up for special deals and news at: Dell.ca/emailinsider

Follow us at: twitter.com/dellhomesalesca

Like us at: facebook.com/DellCanada

Offers valid 6/15-6/21/2012 unless otherwise noted.

[A] **48-Month Installment Plan** ("Plan") offered by Dell Financial Services Canada Limited on approved credit to eligible customers. Minimum transaction amount of $499 is required. No down payment required. Monthly payment set out in the ad is based on a Plan APR of 13.99% and an advance equal to the advertised price for a specific product configuration. Representative example of a Plan: $999 advanced; 13.99% APR; $27.29 monthly payment; total payable is $1309.92; total cost of borrowing is $310.92. Please contact Dell for more information. Applicants who do not qualify for a Plan at 13.99% may be approved for a Plan at a higher APR. **"No interest for 6 Months with minimum transaction amount of $699 ("6 Month No Interest Offer") or no interest for 12 Months with minimum transaction amount of $1299 ("12 Month No Interest Offer")**, each subject to certain conditions. Offered by Dell Financial Services Canada Limited on approved credit to eligible customers. Only available to customers outside Quebec who enter into a 48 month Installment Plan ("Plan") for qualifying purchases from Dell from May 4, 2012 until June 21, 2012, 10 pm EST; not available on orders or financing entered into before or after this promotional period. The transaction must include a Dell system. The no interest period starts on the day Dell ships the products to you (the "Start Date") and ends 6 months after that date for the 6 Month No Interest Offer or 12 months after that date for the 12 Month No Interest Offer ("No Interest Period"). To take advantage of either the 6 Month No Interest Offer or the 12 Month No Interest Offer, you MUST (1) pay the full balance before the end of the No Interest Period; AND (2) pay all monthly payments due before the end of the No Interest Period by their payment due dates. If you do not meet either of these conditions, you will be charged interest at the Plan interest rate, accrued and calculated daily from the Start Date. You may arrange a full payout by calling Dell at the number provided with your Agreement. Representative example of a Plan: $999 advanced; 13.99% APR; $27.29 monthly payment; total payable is $1309.92; total cost of borrowing is $310.92. Applicants who do not qualify for a Plan at 13.99% may be approved for a Plan at a higher APR. Please contact Dell for more information. ***PRICES/ORDERS:** Offers available only in Canada for specified time period. E-value™ codes are locator codes and are not coupon or discount codes. To locate the system with the advertised price please mention or input the E-value™ code. Savings calculated on regular price offered by Dell. Total Value of a bundle equals aggregate of the regular price offered by Dell on individual components; bundle savings represents difference between advertised price of bundle and Total Value. Prices do not include applicable taxes, shipping, handling, environmental, restocking and other surcharges. Information in this material subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell reserves right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e. limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. **ERRORS:** Prices, offers, configurations and any other information in this material is subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell is not responsible for typography, photography,pricing, posting or other errors. **CUSTOMER TERMS AND CONDITIONS:** All purchases are subject to Dell's Customer Agreement or Dell's standard terms of sale. Dell's limited hardware warranty terms and the applicable Dell or third party service agreement. Copies available on request or at "http://www.dell.ca" www.dell.ca **AVAILABILITY:** Certain products, configurations, colours and/or patterns may be limited in availability. **DELL'S RETURN POLICY:** If you are the original purchaser who bought new products directly from Dell, you may return the products in as-new condition to Dell up to 30 days after you receive them for a refund of the product purchase price if already paid. The refund or credit does not include any shipping and handling charges shown on your packing slip or invoice; you are responsible for those. Some exceptions apply. For complete details, visit dell.ca/service contracts. **CD/DVD/BLURAY BURNERS:** Discs burned with this drive may not be compatible with some existing drives and players; using DVD+R media provides maximum compatibility. **GRAPHICS AND SYSTEM MEMORY SDRAM:** Significant system memory may be allocated to support graphics, depending on system memory size and other factors. **HARD DRIVES:** GP means 1 billion bytes and TB equals 1 trillion bytes; actual capacity varies with preloaded material and operating environment and will be less. **OTHER SERVICE OFFERS:** Go to www.dell.ca/ for service agreement and details. Some services provided pursuant to a contract between customer and third party. **BLUETOOTH:** The Bluetooth word mark and logos are owned by the Bluetooth SIG, Inc. and used by Dell Inc. under license. **BLU-RAY DISC:** Blu-ray Disc and the blu-ray disc logo are trademarks of Blu-ray Disc Association. **INTEL:** Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, and Xeon Inside are trademarks of Intel Corporation in the U.S. and/or other countries. **OTHER:** Corning and Gorilla Glass are registered trademarks of Corning Inc. All other trademarks are the property of their respective owners. © 2012 Dell Inc. All rights reserved.

intel inside CORE™ i7

Media and devil fuel Vatileaks: Cardinal

Holy See. Vatican Secretary of State Cardinal Tarcisio Bertone critical of journalists' coverage of scandal

The Vatican's No. 2 official on Monday blamed the media — and the devil — for fuelling the scandal over leaked Vatican documents.

Secretary of State Cardinal Tarcisio Bertone told an Italian Catholic weekly that journalists reporting on the leaks scandal are "pretending to be Dan Brown ... inventing stories and replaying legends."

The reference to Brown is particularly acute; Brown wrote The Da Vinci Code and Angels and Demons, the best-selling fictional accounts of power struggles and scandals inside the Catholic Church.

The Vatican has been on the defensive ever since sensitive documents alleging corruption and exposing power struggles began appearing in the Italian media in January. Even the Pope has complained. THE ASSOCIATED PRESS

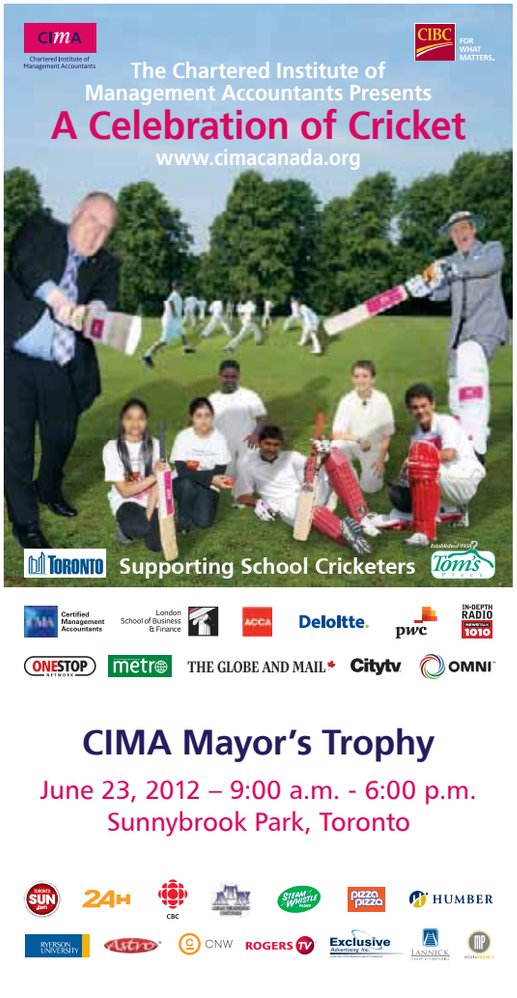
Calls for Nepal PM to resign

Supporters from the opposition Nepali Congress party shout slogans during a protest in Katmandu, Nepal, on Monday. Hundreds of protesters demanded the resignation of Nepal's prime minister, attacked his motorcade with stones and clashed with riot police. Opposition parties want the PM to step down so a new government can conduct elections later this year. BINOD JOSHI/THE ASSOCIATED PRESS

Father beheads daughter: Police

Indian police say a man upset over his daughter's lifestyle chopped her head off with a sword and then paraded it through his village before surrendering to authorities in western India.

Marble miner Ogad Singh's 20-year-old daughter had been living with her parents in Dungarji after leaving her husband. Police say Singh was upset by his daughter allegedly having affairs with men, and became enraged when she eloped with one of them two weeks ago. THE ASSOCIATED PRESS



HUMBER
The Business School

ADR SKILLS BENEFIT ALL CAREERS

THE ALTERNATIVE DISPUTE RESOLUTION POSTGRADUATE CERTIFICATE

ADR SKILLS WILL GIVE YOU A COMPETITIVE EDGE IN ANY JOB MARKET.

ADR CERTIFICATE 15061

LOCATION: Lakeshore Campus

ADMISSION: Admission requirements to the Postgraduate program include a bachelor's degree. Please submit your degree to the Admissions Office attention: Postgraduate ADR program – Admissions Clerk, ext. 3214, Lakeshore Campus

CONTACT: Wanda Buote, B. Ed, MBA, CHRM
Associate Dean, Lakeshore Campus
416.675.6622 ext 3800
wanda.buote@humber.ca

TO REGISTER: Call the registration office at 416.675.5005

For more information or to register online, visit **business.humber.ca/ce**

FULL-TIME OR PART-TIME CERTIFICATE

A 12-COURSE CERTIFICATE STARTING IN SEPTEMBER!

ADR. 500 70 – Introduction to ADR: Mediation, Negotiation, Arbitration
Monday, Sept. 10 – Dec. 17 (45 hours) | 12:40 pm - 3:20 pm
An introduction to conflict analysis, negotiation, mediation and arbitration. Gain insight into the practice of ADR and will have the opportunity to develop effective negotiation and mediation skills.

ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

DEPRESSED?
If you are currently depressed and 18 - 65 years old, you may be eligible to participate in a novel study on using *low dose medication* to enhance the body's own natural brain chemistry.
For information, visit: AntidepressantTrial.com, or call our Clinical Trials Office:

416.340.4800
EXT 8839
No compensation provided
University Health Network

Mr. Ugly hopes pageant win will lead to modelling

Dubious honour. Zimbabwe man beat out four other ugly men to land title, $100 and a night at a hotel — which he exchanged for food money

William Masvinu, winner of the Mr. Ugly competition in Zimbabwe. THE ASSOCIATED PRESS

The latest winner of Zimbabwe's Mr. Ugly pageant has ambitions of fame and fortune. But, so far, he remains a simple market porter.

William Masvinu, 38, who won the second edition of the pageant last month, makes his living carrying loads for shoppers in a market in the impoverished western Harare township of Mbare. The victory has made him a local celebrity, but the modelling offers he thought he'd be getting aren't yet pouring in.

"I was expecting to do some adverts and some modelling if I was asked. But I'm still poor, still carrying loads of cabbages onto buses," he said. "I am ready to show the world my gift. Being ugly is not a curse. It's a gift God gave me and I'm proud of it. My face makes me special and I am not making any excuses about it."

Organizers say they started the pageant as a novel way to entertain audiences.

Masvinu said he has long lived with being shunned, even by his own family.

"My mother died when I was three and no one wanted to take care of me or send me to school because of my looks," he said.

Before he reached his teens, he was herding cattle in southern Zimbabwe. Masvinu said when he went out hunting for a regular job, it wasn't easy.

"Whenever employers open the door and see me, they go, 'Ahh,' and shut it," he said.

When he smiles, it looks like he is crying or in pain, his fans say. His wife, Alice Chabhanga, isn't concerned about his looks. At his side in the market, Chabhanga said she was drawn to Masvinu because of his kindness, cheerfulness and humour in the hardest of times.

"She was the only one who wanted me and she knows she has no competition," Masvinu said. THE ASSOCIATED PRESS

Fake acquisition

Chinese trader fabricates bank

Chinese trader Lin Chunping invented a U.S. bank and claimed he bought it. He claimed that he had taken over Delaware-based Atlantic Bank. There is no Atlantic Bank in that state. THE ASSOCIATED PRESS

Australia

Found art dated 28,000 years old

An archeologist says he found the oldest piece of rock art in Australia and one of the oldest in the world: an Aboriginal work created 28,000 years ago. THE ASSOCIATED PRESS

North Carolina zoo

Bull elephant prescribed giant contact lenses

Keepers of C'sar the bull elephant at a North Carolina zoo are considering a pioneering move in pachyderm medicine: giving him a set of jumbo-size contact lenses. THE ASSOCIATED PRESS

TOYOTA
THE MAIN EVENT IS COMING TO BRIMELL TOYOTA

Corolla Prius Prius-V Matrix Sienna Tundra 4x4
brimell
Phone: 1.866.414.4726 • Web: brimelltoyota.com

NEW Febreze CAR
Breathe Happy. Drive Happy.
TEST-DRIVE
THE LATEST IN AIR FRESHENER SOLUTIONS
Available at Walmart
Save money. Live better.

MEMBERS GET

THE HOT NEW BLACKBERRY® SMARTPHONE FOR $0.

Plus, get 100 MB of data on the house for three months when you hook up any jam-packed Talk & Text plan.

BlackBerry Curve.
with Dedicated BBM™ Button

$0

GET HOOKED UP WITH OUR $25/mo. TALK & TEXT PLAN.

- 100 Canada-Wide Anytime Minutes
- **UNLIMITED** Canada-Wide Weekends and Evenings from 7pm
- **UNLIMITED** Canada, U.S. and International Text & Picture Messaging OR Voicemail & Call Display
- **BONUS!** 100 MB of Data

+ Exclusive Member Access & Deals

SCENE™ THE BODY SHOP® H&M

virginmobile.ca/blackberry

Virgin mobile

IT'S BETTER TO BE A MEMBER

Virgin mobile · THE SOURCE · FUTURE SHOP · Walmart · BEST BUY · BEST BUY mobile · WIRELESSWAVE · booth wireless · WIRELESS etc... · COSTCO WHOLESALE · THE MOBILE SHOP Exclusively where President's Choice® products are sold. · VIRGIN MOBILE AT MUCH

Limited time offer. One-time activation fee ($35) may apply to each line. Taxes extra. 911 monthly fees apply in NB (53¢), NS (43¢), PEI (50¢), SK (62¢) and QC (40¢). Unlimited Text & Picture Messaging applies to messages sent from Canada and excludes premium text messages. Blackberry® device and data offer ends July 11, 2012, and is available with new Blackberry® smartphone activation on a three-year term or the Virgin Mobile SuperTab™ with a Talk & Text plan. After the first three months of the free 100 MB data, the then current rate (now $15/month) applies thereafter. Upon early termination, price adjustments apply; see your Service Agreement for details. Subject to change without notice and cannot be combined with other offers, unless otherwise indicated. Phone and some colours may not be available at retailers. See virginmobile.ca for complete details and restrictions. Screen image simulated. Member Benefits subject to change/cancellation at any time without notice. BlackBerry®, RIM®, Research In Motion®, BBM™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under licence from Research In Motion Limited. All other trademarks, trade names, logos and product names may be the trademarks of their respective owners. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2012 Virgin Mobile.

IT'S FUN. TURBOCHARGED.

With a 1.4L Turbocharged Engine, the 2012 Sonic is shockingly powerful and ridiculously fuel efficient. The best of both worlds, mastered for yours.

- **Motorcycle inspired gauge cluster**
- **OnStar RemoteLink™ mobile app.**
- **Wireless Audio Streaming, Bluetooth® and more.**

0% ***FINANCING FOR UP TO 84 MONTHS†***

LTZ Model Shown**

2012 CHEVROLET SONIC

DRIVING OUR WORLD **FORWARD**

CHEVROLET.CA

MOBILE ENABLED

†0% purchase financing offered on approved credit by TD Auto Finance Services for 84 months on new or demonstrator 2012 Chevrolet Sonic. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $15,975 at 0% APR, the monthly payment is $190.18 for 84 months. Cost of borrowing is $0, total obligation is $15,975. Offer is unconditionally interest-free. Freight ($1,495) and air tax ($100 if applicable) included. License, insurance, registration, PPSA, applicable taxes and fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details.

Islamist claims win in Egypt's presidential election

Egyptian supporters of Islamist candidate Mohammed Morsi chant slogans as they celebrate his apparent victory in Tahrir Square, Cairo, on Monday.
MANU BRABO/THE ASSOCIATED PRESS

Election. Egyptian military moves to retain power, undermining victory claimed by Mohammed Morsi

Islamist candidate Mohammed Morsi declared victory Monday in Egypt's first free presidential election since Hosni Mubarak's ouster 16 months ago. But just as polls were closing, the ruling military council issued constitutional amendments that gave sweeping authority to maintain its grip on power and subordinate the nominal head of state.

After the last-minute power grab Sunday night, the ruling Supreme Council of the Armed Forces (SCAF) pledged Monday to honour its promise to hand over power to the newly elected president by the end of this month. But the constitutional amendments stripped the president of almost all significant powers.

The military decreed that it will have legislative authority after a court dissolved parliament, it will control the drafting of a new constitution and will not allow civilian oversight of its significant economic interests or other affairs.

Morsi represents the Muslim Brotherhood, an Islamic fundamentalist group that has emerged as the most powerful political faction since the uprising. The Brotherhood's Freedom and Justice Party rejected the constitutional declaration, saying it was no longer within the authority of the military council to issue such a decree with less than two weeks left for the transfer of power.

THE ASSOCIATED PRESS

U.S. reaction

In Washington, Pentagon spokesman George Little urged the ruling military to transfer full power to a democratically elected civilian government, as it pledged to do in the past.

- "We are deeply concerned about the new amendments to the constitutional declaration, including the timing of their announcement as polls were closing for the presidential election," said Little.

Israel. Militants kill worker after crossing desert border

Militants crossed from Egypt's turbulent Sinai desert into southern Israel on Monday and opened fire, killing an Israeli worker, defence officials said. Two assailants were shot dead in a gun battle with Israeli troops responding to the ambush.

The Israeli worker was in a crew building a fence along the porous desert border.

No group claimed responsibility for the attack, which underscored the growing lawlessness in the Sinai desert since long-time Egyptian President Hosni Mubarak was toppled by a popular uprising last year.

Several hours after the attack, an Israeli airstrike killed two men on a motorcycle in the northern Gaza Strip near the Israeli border. The Islamic Jihad said the men were members on a "reconnaissance" mission and vowed revenge.

THE ASSOCIATED PRESS

Syria

Russia concerned for citizens, base

Syrian forces shelled the central city of Homs on Monday during a fierce offensive to root out rebels as the country's most important ally, Russia, appeared to show growing concern over President Bashar Assad's future.

Russia's Interfax news agency reported that two Russian navy ships are prepared to head to Syria to protect Russian citizens and a naval base there.

"We won't abandon the Russians and will evacuate them from the conflict zone, if necessary," Maj.-Gen. Vladimir Gradusov was quoted as saying. Each ship is capable of carrying up to 300 marines and a dozen tanks, according to Russian media reports.

That would make it the largest known Russian troop deployment to Syria, signalling that Moscow is becoming increasingly uneasy about Syria's slide toward civil war.

THE ASSOCIATED PRESS

UN

West avoids Syrian intervention

The U.S. has spent months disparaging Russia for blocking UN action against Syria and standing by President Bashar Assad as his forces lay waste to rebellious cities. Russia's stance is convenient for Washington and its allies, which have their reasons for avoiding direct intervention in another conflict, experts say. THE ASSOCIATED PRESS

Protesters rally against the Syrian regime and Russia's support of President Bashar Assad in Lebanon, Sunday. THE ASSOCIATED PRESS

FOR YOUR
ORAL CARE ESSENTIALS
VISIT YOUR LOCAL WALMART
a great checkup
STARTS WITH A SMILE.
Make your dentist proud. Get a smile that's up to 7x cleaner*
when you use this Crest® Pro-Health® product collection together.
Up to 7x BETTER cleaning*
ALCOHOL FREE
Crest PRO·HEALTH
MULTI-PROTECTION
KILLS GERMS
HELPS PREVENT PLAQUE
HELPS PREVENT GINGIVITIS
KEEPS TEETH CLEANER*
FRESHENS BREATH
WITHOUT THE BURNING SENSATION OF ALCOHOL
Crest Oral-B
PRO·HEALTH
Crest PRO·HEALTH
CAVITIES | GINGIVITIS | PLAQUE | SENSITIVITY | TARTAR | WHITENING | FRESHENS BREATH
*on teeth with regular combined use of all products shown vs. using a regular manual toothbrush and regular anticavity toothpaste.
Crest® Pro-Health® Multi-Protection Rinse helps prevent gingivitis.
Crest® Pro-Health® Toothpaste fights cavities, tartar, plaque and gingivitis and treats tooth sensitivity. To ensure these products are right for you, always read and follow the label.
Available at
Walmart
Save money. Live better.

ADVERTISEMENT

"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

TRY A FREE BOTTLE!

In fact, the manufacturers of **Nopalea** are so confident that they've agreed to give the readers of this newspaper a special introductory offer. **Call now and they'll ship you a 32-ounce bottle for FREE!** Just pay a small shipping and handling fee.*

There's no risk. No obligation. **But hurry**–they only have a limited number of **FREE** bottles to give away. And when they're gone, they're gone forever.

So do yourself a favor and give your body the great relief it needs. Call today and you'll be like me — a true believer!

Call Now, Toll-Free

1-800-941-5085

Just pay $9.95 shipping and handling.

*Affiliate Members may receive commission on the sale of TriVita products.

This product is not intended to diagnose, treat, cure or prevent any diseases. Children, women who are pregnant or nursing , and all individuals allergic to any foods or ingredients should consult their healthcare provider before using this product. You should not stop taking any medications without first consulting with your healthcare provider. To report a serious adverse event or obtain product information, contact 1-800-991-7116.

Ex-suspect in disappearance sues over insurance claim

$3.5M. Man held for months in Aruban jail after travelling companion vanished says AMEX has 'duty' to pay death benefit

An American who was suspected in the presumed death of his travelling companion in Aruba is suing to collect on a travel-insurance policy issued in the woman's name.

Gary Giordano says in a lawsuit that AMEX Assurance Company is required to pay him $3.5 million under the terms of a policy purchased before last summer's trip. He says in the suit that his companion, Robyn Gardner, is presumed dead following her Aug. 2 disappearance and that the insurance company has a "duty to pay the full death benefit" to him.

Giordano was held for months in an Aruban jail on suspicion of being involved in Gardner's disappearance, and the insurance policy's existence had caught the attention of investigators. But an Aruban judge ordered him released in November, saying prosecutors didn't have enough evidence to continue holding him. Giordano has denied wrongdoing and says Gardner was swept out to sea as the two snorkelled, though her friends and family have expressed doubt about that statement.

He says in the lawsuit that Gardner was covered under a July 27 policy that afforded $3.5 million in benefits in the event of accidental death or dismemberment. Giordano told The Associated Press the lawsuit speaks for itself and declined further comment. The suit was filed Thursday.

American Express Co. spokeswoman Gail Wasserman declined to discuss the specifics of the case, but she said policyholders generally have to wait one year before filing a claim in instances which a person is believed dead but a body has not been recovered.

THE ASSOCIATED PRESS

Left: Robyn Gardner, presumed dead. Right: Gary Giordano. THE ASSOCIATED PRESS

Ukraine. Jailed former PM now faces murder charges

Ukraine on Monday defied Western pressure to end the prosecution of the imprisoned former Prime Minister Yulia Tymoshenko, with a top prosecutor saying she will be charged in connection with a murder from 16 years ago.

Yulia Tymoshenko THE ASSOCIATED PRESS

The statement is likely to draw further anger from the United States and the European Union, who have condemned Tymoshenko's seven-year jail sentence as politically motivated. Top EU officials are already boycotting the European soccer championship matches hosted by Ukraine this month because of the Tymoshenko case.

The ex-premier, a charismatic heroine of Ukraine's 2004 Orange Revolution, alleges President Viktor Yanukovych, a longtime foe, threw her in jail to bar her from parliamentary elections this fall.

THE ASSOCIATED PRESS

'Mini al-Qaida cell'

U.S. man pleads guilty to conspiracy

A U.S. man accused of trying to start what prosecutors called "a mini al-Qaida cell" pleaded guilty Monday to federal charges of conspiracy and providing material support to a terrorist organization. THE ASSOCIATED PRESS

Philippines

Terror financiers to be punished harshly

Philippine President Benigno Aquino III signed a law Monday that makes terror financing a crime with a long prison term in a nation hit with attacks that continues to battle militants. THE ASSOCIATED PRESS

Typhoon hits Philippines

A boy pedals his bicycle along a flooded street in suburban Malabon, north of Manila on Monday. Heavy rains triggered floods in several areas in the city, forcing some schools to suspend classes in the morning as powerful typhoon Guchol exited the country towards southern Japan.

AARON FAVILA/THE ASSOCIATED PRESS

ROGERS™ authorized dealer

AJAX
Baywood Centre
AURORA
15483 Yonge St., Unit 2B
14785 Yonge St.
BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
30 Victoria Cres.
4520 Ebenezer Rd., Unit 6
253 Queen St. E, Unit 3
105 Kennedy Rd. S
499 Raylawson Blvd.
BROOKLIN
5969 Baldwin St. S, Unit 7
COBOURG
975 Elgin St. W, Unit B
ETOBICOKE
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
GEORGETOWN
Georgetown Market Place
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
3636 Steeles Ave. E, Unit 101
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
7780 Woodbine Ave., Unit 3
4300 Steeles Ave. E, Unit E32
4300 Steeles Ave. E, Unit E67
8901 Woodbine Ave., Suite 218
3255 Hwy. 7 E, Unit E98
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
NEWMARKET
16715 Yonge St.
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 178
Leslie Center
OAKVILLE
1027 Speers Rd., Unit 22
478 Dundas St. W, Unit 7
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N, Unit 4B
PICKERING
Pickering Power Centre
Pickering Town Centre
611 Kingston Rd.
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E
10 West Pearce St., Bldg. B
Hillcrest Mall
9350 Yonge St.
10720 Yonge St.
Times Square Mall
SCARBOROUGH
Woodside Square
1571 Sandhurst Circle, Unit 502K
5095 Sheppard Ave. E
1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
6236 Yonge St.
TORONTO
421 Dundas St. W, Unit G8
282 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
319 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
UXBRIDGE
11 Brock St. W
WHITBY
25 Thickson Rd. N
5969 Baldwin St. S
WOODBRIDGE
200 Whitmore Rd.

ROGERS plus

AJAX
15 Westney Rd. N
AURORA
14879 Yonge St.
91 First Commerce Dr., Unit 5
BRAMPTON
14 Lisa St., Unit C1
499 Main St. S., Unit 58
1088 McLaughlin Rd.
9980 Airport Rd., Unit 11
25 Peel Centre Dr., Unit 505A
25 Peel Centre Dr., Unit 742K
10025 Hurontario St., 118
ETOBICOKE
25 The West Mall, Unit 1963
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall, Kiosk #316
500 Rexdale Blvd., Unit H3B
1530 Albion Rd.
MARKHAM
9275 Hwy. 48, Unit 11
5000 Hwy. 7 E, Unit 412
7690 Markham Rd., Unit 1C
MISSISSAUGA
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
OAKVILLE
1500 Upper Middle Rd., Unit 2
240 Leighland Ave.
OSHAWA
285 Taunton Rd., Unit 20
419 King St. W, Unit 2272
RICHMOND HILL
1070 Major Mackenzie Rd. E
THORNHILL
9200 Bathurst St., Unit 26
TORONTO
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W. Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit 2010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
SCARBOROUGH
2490 Gerrard St. E
38 Ellesmere Rd.
300 Borough Dr., Unit 49
WHITBY
1549 Dundas St. E
3490 North Brock St.

Now is the time to get your dream phone.

HTC One™ X
with 3-yr. **FLEXtab** agreement
on select plans

$99.99*

$574.99 month-to-month

- **The only** HTC One™ with HD & LTE
- Amazing camera, lets you take a photo while shooting an HD video

Samsung Galaxy S II LTE™
with 3-yr. **FLEXtab** agreement
on select plans

$49.99*

$599.99 month-to-month

- Spectacular 4.5" Super AMOLED plus display
- Blazing connection speeds with LTE

OFFER ENDS **JUNE 30**

Visit your local Rogers store today and find out how you can get it on your terms with Rogers new **FLEXtab.™**

rogers.com/stores

CONNECT EXCITING text TALK SHARE RELIABLE NETWORK CHAT
TALK FRIENDS SURF LIFE TEXT FIRST FAST ACCESS FREEDOM LIFE
CHAT ACCESS FREEDOM EXCITING FRIENDS

Creating World-Leading Internet Experiences.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · WIRELESS etc... · FUTURE SHOP · booth wireless · BEST BUY · Walmart · BATTERIES N' gadgets · CELLULAPOINT · THE MOBILE SHOP · BEST BUY mobile your phone, your way

Offers available for a limited time and subject to change without notice. *With new activation on any 3-yr. voice and data plan having min. $47.75 combined monthly service fee. Device Saving Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to $35 (varies by province) may apply. © 2012 Rogers Communications.

Ottawa rebukes UN over Quebec's Bill 78

Human rights. Conservatives defend province's right to legislate protests

The Charest Liberals and Harper Conservatives formed a united front Monday in condemning a United Nations agency for its criticism of Quebec's controversial Bill 78.

The latest spat, the second in recent weeks between the federal government and a branch of the UN, also sparked debate over who is responsible for the growing divide between Canada and the world body.

United Nations High Commissioner for Human Rights Navi Pillay said Monday she found the controversial Quebec law to be part of an alarming trend.

The law sets rules for gatherings of more than 50 people, requiring organizers to provide eight hours notice of the itinerary and length of the event.

"In the context of student protests, I am disappointed by the new legislation passed in Quebec that restricts their rights to freedom of association and of peaceful assembly," Pillay said in a single paragraph of a long speech in Geneva.

THE CANADIAN PRESS

Signs of protest

- Over the last year, Canada has boycotted North Korea's rotating presidency of the UN conference on disarmament, Iran's vice-presidency of the General Assembly and its seat on the commission on population and development, and the UN's world tourism office because it recognized Zimbabwe's dictator Robert Mugabe.

UN human rights chief Navi Pillay delivers a statement during a session of the Human Rights Council in Geneva, Monday. THE ASSOCIATED PRESS

Northern India feels the heat

A girl collects water as a boy bathes himself near an elephant at a public water tap on a hot summer day in Allahabad, India on Monday. Northern India has been sweltering under extreme heat as maximum temperatures hovered around 45 C in some areas.

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Bombing 9 years ago

Sarkozy accused of breaching secrecy

Former president Nicolas Sarkozy is under legal pressure just days after losing his immunity from prosecution as French head of state.

A lawyer for relatives of French victims of a deadly bombing in Pakistan nine years ago filed a complaint in a Paris court Monday against Sarkozy and two former advisers for allegedly violating a duty to secrecy in an investigation of the case.

The lawyer is focusing on a statement from Sarkozy's office in September about the investigation of a Karachi car bombing in 2002 that killed 15 people.

THE ASSOCIATED PRESS

Sudan fighting

Water shortage causing death among refugees

Tens of thousands of refugees fleeing war in Sudan are struggling to find enough water to drink and cook with, leading to the deaths of an unknown number from dehydration and diarrhea, aid officials said Monday.

More than 35,000 people have fled Sudan's Blue Nile state for South Sudan over the last month. The refugees said they fled bombing and ground fighting between Sudan's military and a rebel group historically associated with South Sudan, the SPLM-N, the UN said Monday.

THE ASSOCIATED PRESS

Aerospace

Bombardier signs Morocco land deal

Bombardier Aerospace says it has bought land near the airport in Casablanca's free zone that offers five years of no taxes and other financial incentives for a manufacturing facility set to open next year.

The Montreal-based aircraft manufacturer said Monday it signed a deal with Moroccan property holding and management company Midparc Investment S.A. for the land in a free zone in Nouaceur.

Midparc is owned by a state financial agency and three private industrial companies specializing in aeronautics and electronics fields.

Bombardier Aerospace president Guy Hachey said the selection of the site for the manufacturing facility is "an important first step" in establishing the world's third-largest aircraft manufacturer in the North African country. THE CANADIAN PRESS

Safety investigation

U.S. expands Toyota fires probe

The U.S. government has expanded an investigation into fires that can start in the doors of several Toyota models, adding 600,000 Camrys and other vehicles to the probe.

The investigation now includes 1.4 million cars and SUVs from the 2007 to 2009 model years.

When the probe began in February, it involved more than 800,000 Camrys and RAV4 SUVs from the 2007 model year.

Certain Camrys from the 2008 and 2009 model years, as well as some 2007 to 2009 Yaris subcompacts and all 2008 Highlander Hybrid SUVs, have been added to the investigation, the National Highway Traffic Safety Administration said on its website Monday.

The vehicles were built from September of 2006 through August of 2008, the safety agency said. THE ASSOCIATED PRESS

Budget watchdog fights feds' secrecy

Ottawa. Only 18 of 82 federal organizations have complied with budget officer's information request

Parliamentary Budget Officer Kevin Page THE CANADIAN PRESS FILE

The federal government says it has already provided Parliament's budget watchdog with all the necessary information on the impact of budget cuts, despite a new legal opinion saying government is breaking the law by refusing to cough up more details.

"We have provided financial and economic data in accordance with our understanding of our legal obligations," Raymond Rivet, a spokesman for the Privy Council Office, said in an email statement.

Budget officer Kevin Page published a legal opinion on Monday saying that 64 federal departments and agencies are breaking the law in their refusal to hand over basic economic and financial information.

While the opinion centres around $5.2 billion in spending cuts announced in the budget, the same reasoning applies to lack of information on previous rounds of spending constraint — cuts that amount to about $11 billion annually, Page said in an interview.

Without basic details about how the government plans to make ends meet, the parliamentary budget officer said he is not able to do his job and inform MPs about exactly how Ottawa is spending taxpayers' money. THE CANADIAN PRESS

We've got advice either way.

With our network of branches and longer hours, we'll help you get the advice you need, comfortably and conveniently.

Contact us anytime.
www.tdcanadatrust.com/getadvice

Banking can be this comfortable

TD

®/ The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

The Bloodmobile in your neighbourhood:

CLEARVIEW CHRISTIAN REFORMED CHURCH

SATURDAY, JUNE 23RD, 2012
2300 SHERIDAN GARDEN DRIVE (OFF FORD DR.)
9 AM TO 1 PM

1 888 2 DONATE (1-888-236-6283)

RBC Foundation | Canadian Blood Services it's in you to give | metro

Amex cardholders to receive perks at Pearson airport

Marketing deal.
Platinum cardholders will still have to go through the usual security checks but can now skip long lineups

American Express Canada will send its premium cardholders to the front of more security lines at Toronto's Pearson International Airport under a deal that gives the credit card company prime ad space in Canada's busiest air hub.

Platinum cardholders will be able to skip more long security clearance queues by flashing their cards throughout terminals 1 and 3 as part of a marketing partnership announced Monday.

"Select priority lanes are in place virtually in all airports around the world," said Pamela Griffith-Jones, chief marketing and commercial officer for the Greater Toronto Airport Authority.

"At this point they're available to frequent fliers through their airlines so this program just allows us to expand it to include these card members."

Passing through a special lane doesn't prevent passengers from actual security screening.

The credit card company wouldn't discuss financial terms of the initial three-year agreement which American Express believes is the first of its kind in the world. It said the concept could be expanded elsewhere, but there are no immediate plans in place.

American Express cardholders will also receive complimentary valet services, a 15 per cent express and daily parking discount and designated taxi and limousine lines.

Access to premium lounges, including Air Canada Maple Leaf lounges, will continue for holders of premium American Express cards.

Griffith-Jones said the partnership with American Express will also enhance services available to all travellers, even those without this credit card, which is a priority for the operator of Canada's busiest airport.

THE CANADIAN PRESS

Passengers' prerogative

"Select priority lanes are in place virtually in all airports around the world."

Pamela Griffith-Jones, Greater Toronto Airport Authority marketing officer

Air Canada. Arbitration decision improves pension prospects?

Air Canada's prospects for pension stability have improved with an arbitrator's decision in favour of the airline that puts in place a new collective agreement for mechanics and baggage handlers, an industry analyst said Monday.

"The most important disclosure in our opinion is (the union's) agreement to support a new 10-year moratorium agreement on pension solvency funding starting in 2014," Chris Murray of PI Financial Corp wrote in a report.

A combination of funding extensions and lower fixed payments may see past service payments capped between $235 million and $340 million in 2014, a level Murray said is "manageable."

"Ultimately it will be interest rate paths that determine the solvency deficit, however we believe a solution is achievable given a 12-year time frame from today."

THE CANADIAN PRESS

HERZING
COLLEGE
In 1 year become a:
PARALEGAL
or
LAW CLERK
1.888.639.2273
PARALEGALS AND LAW CLERKS IN DEMAND
Many law firms are hiring to keep pace with client demands. Herzing College offers a one year LSUC accredited Paralegal program and Law Clerk program that include internships to meet these demands.
Why Choose Herzing College?
• Educating students in Toronto since 1968
• Internship with every diploma program
• Excellent full-time Career Services Department
• Instructors with industry experience
• Program includes field trips and guest speakers
• Conveniently located in the Toronto Eaton Centre
• Student Loans & Grants available if you qualify
• No classes on Fridays!
DAY & EVENING CLASSES START SEPT. 17TH!
Join us on facebook.com/herzingtoronto
www.herzing.ca
Toronto Eaton Centre Campus

StatsCan. Despite economic growth, family incomes remain stagnant: Report

The growing economy hasn't done very much to boost Canadian incomes, a new report from Statistics Canada confirms.

The agency reported Monday that median, after-tax income for families of two or more amounted to $65,500 in 2010, virtually unchanged from 2009 or the year before after adjusting for inflation.

The result was slightly better for two-parent families with children. That segment saw median, after-tax income grow to $78,800 from $77,200 the year before.

There was no data from 2011, but weekly wages and other income reports suggest that there would likely be little improvement last year as well, analysts said.

The latest reading follows a report last week that showed average household debt in relation to disposable income had risen to a record 152 per cent at the end of 2011. Statistics Canada noted that the rise in the debt ratio was not due to Canadians borrowing more, but to stagnant incomes.

THE CANADIAN PRESS

Negative outlook

"Something is not working here — this is not a positive report."

CIBC economist Benjamin Tal, on StatsCan's new report on Canadian family incomes

Market Minute

DOLLAR 97.65¢ (-0.18¢)

TSX 11,601.13 (+76.23)

OIL $83.27 US (-76¢)

GOLD $1,627 US (-$1.10)

Natural gas: $2.635 US (+16.8¢)
Dow Jones: 12,741.82 (-25.35)

Microsoft unveils new tablet computer, Surface

Competitive edge. Decision to make its own device a departure for the company, which usually focuses on software

Microsoft's Panos Panay holds a credit card to compare the thickness of the case for the new Surface tablet computer on Monday. DAMIAN DOVARGANES/AP

Microsoft has unveiled Surface, a tablet computer to compete with Apple's iPad.

CEO Steve Ballmer announced the new tablet, calling it part of a "whole new family of devices" the company is developing.

One version of the device, which won't go on sale until sometime in the fall, is 9.3 millimetres thick and works on the Windows RT operating system.

It comes with a kickstand to hold it upright and a touch keyboard cover that snaps on using magnets. The device weighs under 1.5 pounds and will cost about as much as other tablet computers.

The size is similar to the latest iPad, which is 9.4 millimetres thick and weighs 1.3 pounds. Microsoft also promised that the Surface's price tag will be similar to the iPad, which sells for $499 to $829, depending on the model.

A Microsoft Canada spokeswoman said the company does not yet have any details regarding pricing or availability in Canada.

Microsoft's broadside against the iPad is a dramatic step to ensure that its Windows software plays a major role in the increasingly important mobile computing market.

"They are saying it's a different world now, and are trying to put the sexy back into the Microsoft brand," said Gartner Inc. analyst Carolina Milanesi.

Microsoft is linking the Surface's debut with the release of its much-anticipated Windows 8 operating system, which has been designed with tablets in mind.

The company hasn't specified when Windows 8 will hit the market, but most analysts expect the software to come out in September or October.

Steven Sinofsky, president of Microsoft's Windows division, called the device a "tablet that's a great PC — a PC that's a great tablet."

A slightly thicker version — still less than 14 millimetres thick and under two pounds — will work on Microsoft's upcoming Windows 8 Pro operating system and cost as much as an Ultrabook, the company said.

The pro version comes with a stylus that allows users to make handwritten notes on documents such as PDF files.

Microsoft also may be limiting the Surface's impact by limiting the initial sales to its own stores and online channels.

The cautious approach may be part of Microsoft's attempt to minimize a possible backlash to an expansion that will thrust it into competition with some of its longtime business partners and customers.

THE ASSOCIATED PRESS

DESERT BOOT $130 White/Gold Red Suede
Clarks
WALLABEE BOOT 7 COLOURS Size 6-15 ~~$200~~ $130
Size 6-15
BOOT ~~$160~~ $105
Black, Brown, Green Navy, Sand, Chestnut, Jamacian Suede, Black Beeswax, Burgundy Leather
$105 DESERT TREK
9 COLOURS
LOLA'S SHOES 416.787.8834
3527 Bathurst St. (S. of the 401)
lolas.shoes@gmail.com
CALL TO ORDER OTHER CLARKS STYLES
Mon – Fri 10 am to 5pm
Sun – 10am to 4pm
Sat. CLOSED
lolas.shoes@gmail.com

Real estate

Sales of recreation properties up, RE/MAX reports

Lower prices, increased selection and a rebound in consumer confidence have helped drive sales of recreational properties higher across the country, real-estate firm RE/MAX says.

RE/MAX said of the 33 markets included in its report, sales were ahead of last year's mark in 70 per cent of the communities surveyed.

THE CANADIAN PRESS

Imports

No more trade beef with Korea, Canada says

Ottawa is dropping its trade challenge to South Korea's ban on Canadian beef imports. Trade Minister Ed Fast said Monday he has instructed officials to drop the challenge at the World Trade Organization because Korea restored access in January.

South Korea banned imports of Canadian beef after the 2003 outbreak of mad cow disease.

THE CANADIAN PRESS

Safety scare

Samsonite pulls luggage from Hong Kong stores

Samsonite International pulled its Tokyo Chic line of luggage from Hong Kong stores after the local consumer council reported finding high levels of compounds linked to cancer in the handles.

Traces of the compound may have been left during manufacturing, the council said, but the company insists the bags are safe.

THE ASSOCIATED PRESS

BUNDLE MORE PAY LESS
AS LOW AS $8.99* per month
Home Phone
8 Calling Features Included
+
AS LOW AS $31.99 per month when you bundle
High Speed Cable Internet
300GB Bandwidth Limit
SIGN UP NOW 1·800·344·9038
Terms and conditions apply. *Taxes extra. 2 year commitment required for $8.99 Home Phone Basic Plan. Price subject to change without notice. High Speed Cable Internet service available in certain cities in the GTA only. Please see website for details. If you are not satisfied with your home phone, you may cancel the service anytime within 30 days and will not be charged the monthly fee.
www.telehop.com Telehop™ Satisfaction is Everything
805

Introducing real-time
Online Appointment Booking.

Prime Minister Stephen Harper is greeted by Mexican President Felipe Calderon as he arrives at the G20 in Los Cabos, Mexico, on Monday.
ADRIAN WYLD/THE CANADIAN PRESS

Canada eyes entry in trade talks as G20 summit ends

Making the grade?
Rumours abound that Canada will be allowed to join Trans-Pacific Partnership talks

Mexico's inclusion in a round of major trade talks may bode well for Canada's own hopes of getting a seat at the negotiating table.

But Prime Minister Stephen Harper played coy Monday when asked if his government will be asked to pull up a chair — possibly by the summit's end on Tuesday.

"We're delighted that Americans and others have indicated an interest in seeing Canada join the Trans-Pacific Partnership," Harper said. "I think for now I'll just leave it at that."

Rumours and chatter abound at the G20 summit in the Mexican oceanside resort of Los Cabos that Canada will be allowed to join the negotiations on Trans-Pacific Partnership, a deal many believe will have more economic strength than the North American Free Trade Agreement.

The governing Conservatives have been lobbying the Obama administration for months to grant Canada admission to the talks.

Harper even dispatched his trade minister, Ed Fast, around the globe to drum up support for a seat at the table.

The Globe and Mail reported that no less than the prime minister's own chief of staff, former Bay Street executive Nigel Wright, has taken the lead on the file, which the newspaper says irked some members of the Conservative cabinet — although Fast's office says the minister didn't feel slighted — but giving a clear indication of the importance Harper puts on the trade talks.

Some analysts interpreted the inclusion of only Mexico in the negotiations as a rebuke. But it may well be that since Mexico is hosting this week's G20 summit, it would be asked to the talks before Canada or Japan, which has also been vying to get in. THE CANADIAN PRESS

Economic crisis

Eurozone struggles to find fixes

Greece's election result has eased fears of imminent financial disaster for Europe, but the continent's leaders are still searching for a way to contain a debt crisis that threatens the global economy.

Europe is struggling to put out several fires, not just the one in Greece. Heavily indebted Spain and Italy are saw their borrowing costs rise Monday, increasing pressure on their government finances and keeping alive fears that another big bailout might be needed.

The eurozone's challenges run deep. The economy is expected to shrink this year, with the so-called peripheral countries like Greece and Spain in painful recession. Many of its banks remain on life support, propped up by emergency credit. THE ASSOCIATED PRESS

Another banking first, only from BMO.

BMO® just made it easier to meet with one of our financial experts to discuss your banking needs. In fact, we are the very first bank to offer real-time Online Appointment Booking. Simply visit us online to book a date and time that works for you. It's easy, and it's available 24 hours a day, 7 days a week.

It's just another example of how BMO is making banking a better experience.

Visit **bmo.com/appointment** to make an appointment today.

BMO® Bank of Montreal
Making money make sense®

®Registered trade-marks of Bank of Montreal.

VALIDATING OUR LIVES THROUGH THE LENS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently went on a holiday to the sun-soaked Greek island of Santorini; we'll call it a working vacation since I was on bridesmaid duty for my best friend's wedding. Needless to say, it was phenomenal. The picturesque surroundings and memorable milestones warranted countless photo opportunities.

While away, I found myself capitalizing on any opportunity for free WiFi so that I could go online to post real-time updates and digital snapshots for my friends and followers back home. Because if you don't record it, upload it, share it and tweet it — did it even really happen? Nobody asked me about my trip when I returned; they had seen it all thanks to my jealousy-inducing stream of Instagram activity.

When I was younger, I used to pore over my mother's photo albums filled with weathered snapshots of her on beaches and in fields looking perfectly dishevelled dressed in her 1970s hippy garb. The photos are rinsed in sepia tones, the images are grainy, the edges blurred.

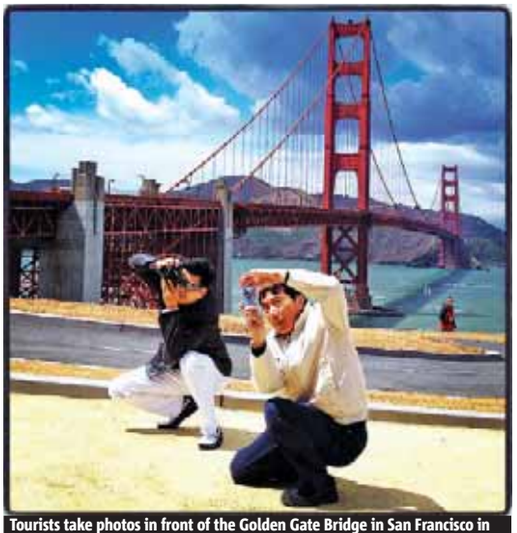
Thanks to apps like Instagram and Hipstamatic, I have thousands of faux-analogue images with those same qualities but without any of the authenticity. Flaws and colour saturations that were once accidental have been applied so meticulously in order to make the perfect imperfect image.

Today, our mundane realities are manipulated, elevated and given a veneer of artistry with a strategically applied 'Valencia' filter. For anyone who has ever wanted to experience a false sense of nostalgia for a time before they were even born, there is indeed an app for that.

Outside the smartphone realm, Urban Outfitters has reintroduced Lomography and Holga cameras to the masses, creating an entire cottage industry on selling an idealized retro aesthetic to a new generation of shutterbugs. Except this time around those prints aren't treasured keepsakes stored in leather bound albums, they're digitized, categorized, Tumblred and hashtagged until they become something else entirely.

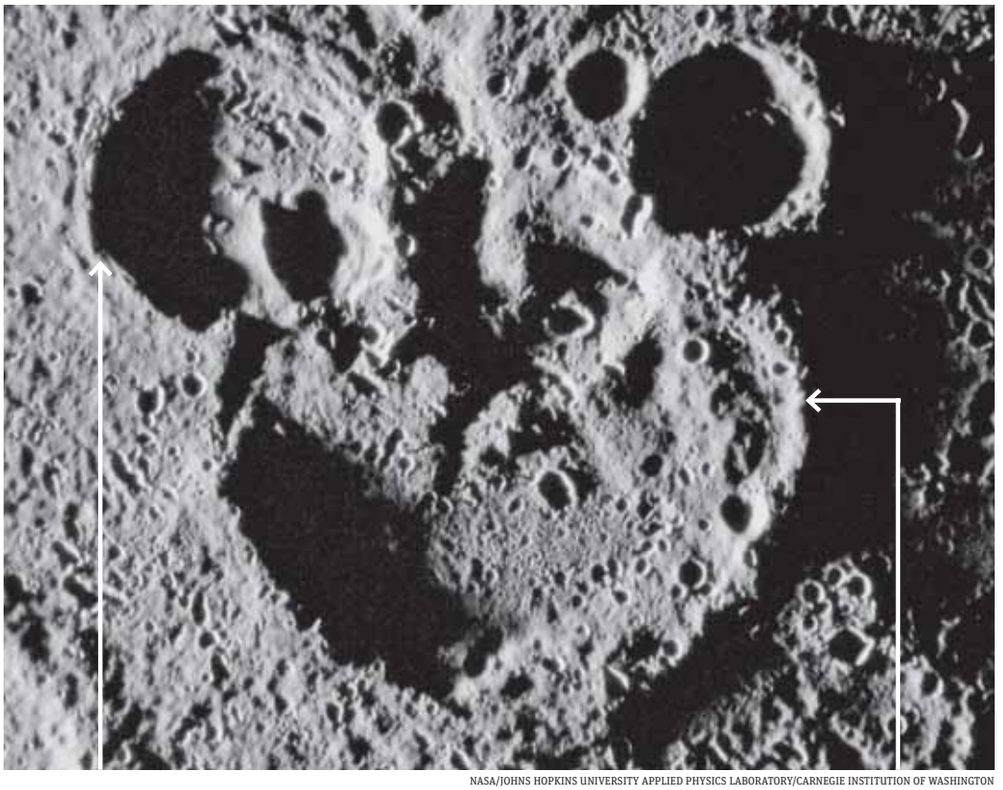
All photographs are inauthentic in a way. By capturing an instant in time, the boundaries of those realities are cropped and the subjects are posed in the acute awareness that they are being snapped. The very act of taking photographs makes experiences staged and in turn, less real.

While I delight in the preservation of memories, I believe in the importance of leaving the camera (and the iPhone) at home sometimes, even when you're on vacation. We need to remind ourselves to be fully present in our unfiltered realities, enjoy the fleetingness of life and let your memories be all that you take away.



Tourists take photos in front of the Golden Gate Bridge in San Francisco in this file photo. The image was created using the iPhone 4s with Instagram's 'LoFi' filter. JUSTIN SULLIVAN/GETTY IMAGES

Mercury is sooo Mickey Mouse



NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/CARNEGIE INSTITUTION OF WASHINGTON

Planetary research

Big act found on small planet

It looks like Mickey Mouse has made a big impact on planet Mercury.

But in truth, the familiar silhouette is a group of craters in Mercury's southern hemisphere.

The image was taken by NASA's Messenger orbiter spacecraft, which is gathering photographic data about the solar system's innermost planet.

METRO WORLD NEWS

Studying craters

- **NASA's Messenger.** Launched in 2011, the probe has taken more than 100,000 images of craters on Mercury's surfaces. Experts hope craters will tell more about the planet's history.
- **Strange cosmic resemblances.** The 215-kilometre-wide Galle Crater on Mars looks like a gigantic smiley face, while Saturn's moon Mimas has an uncanny resemblance to the Death Star from Star Wars lore.

'The happy face crater' on Mars' surface, officially known as the Galle Crater. MALIN SPACE SCIENCE SYSTEMS/NASA

Size of this Mickey

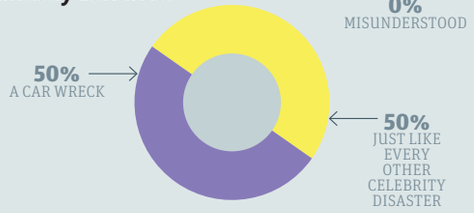
100

kilometres is the approximate diameter of the 'face' (large, middle crater) of this Mickey Mouse resemblance.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Lindsay Lohan is:



Twitter

@Kristin73: Gossip over fashion? I'm surprised by this. @LisaTant moving from editor of @FLAREfashion to publisher of @HelloCanada. Interesting move.

@KevLawrence: Can't believe I missed Beiber at the MMVAs. #sarcasm

@Jonathan_Zettel: Can we ban guns in the city already? #shooting #toronto

@danspeerin: Is there a media drinking game to photos of Magnotta that I don't know about? Enough already! #msm

@richarddoria: #Woodbridge... It was nice knowing you, but I am now an official resident of #Toronto!!

@StevoWavey: Heat wave coming. #toronto r u ready?

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar, **National Sales Director** Peter Bartrem • **Retail Sales Manager** Joshua Green • **Distribution Manager** Steve Malandro • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 250 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

Don't let TV slow down your internet.

Rogers Hi-Speed Internet doesn't slow down when your HDTVs are on.[1]

Their Fibe™ services share bandwidth for internet & TV on a single phone line. Rogers uses separate bandwidth so you can surf with speed.

Their Fibe™ services[2]

Rogers Hi-Speed

And only Rogers has SpeedBoost™ technology to turbocharge your streaming video, online gaming and downloading.[3]

SWITCH TODAY AND SURF WITH SPEED.

rogers.com/HiSpeed

INSPIRE ANYTHING WATCH SPEED INSPIRE AMAZING TUNES SHARE FAST CONNECT SPEED FAST STREAMING FREEDOM INSPIRE access RELIABLE SHARE DOWNLOAD SURF WATCH POST LIFESTYLE AMAZING INSPIRE ANYTHING WATCH SPEED INSPIRE BLOG CONNECT FAST EXCITING
Creating World-Leading Internet Experiences.

ROGERS™

1 Comparison in reference to Bell Fibe™ Internet 15 or higher tier of service; not applicable to customers with Bell satellite and fibre-to-the-home services. **2** Excludes Bell satellite and fibre-to-the-home services. Fibe™ is a trademark of Bell Canada. **3** Exclusively available from Rogers within Rogers cable serviceable area. SpeedBoost technology temporarily increases download speeds for the first 10 MB of a file download when extra bandwidth is available on the network. Actual speed may vary based on network traffic, amount of data transferred and length of time since last boost and other factors. ©2012 Rogers Communications. © 2011 The Grey Film Holdings, LLC. © 2010 GNDHDDTW. All rights reserved. © Walt Disney Pictures. All rights reserved.

2

SCENE

Scene in brief

Jack Osbourne facing MS

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne revealed his health crisis in an interview with People, released Sunday. He told the magazine he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée Lisa Stelly had daughter Pearl in April. Multiple sclerosis attacks the brain and spinal cord, and can cause somewhat mild problems or serious disability, such as paralysis. Jack Osbourne gained fame as a teen when his heavy metal father and his mother allowed the family to be profiled in the MTV reality show The Osbournes.

THE ASSOCIATED PRESS

On the web

Furries meeting in Pa. looking for fun; out to 'shed' reputation of fetishes, weirdness

DVD reviews

Big Miracle

Director. Ken Kwapis

Stars. Drew Barrymore, John Krasinski, Kristen Bell

●●●○○

Big Miracle fictionalizes the details in its telling of the 1988 effort by residents, the U.S. military and two global superpowers to rescue three whales trapped in Arctic ice. Drew Barrymore plays shrill activist Rachel Kramer, who often alienates the people she needs to win over. That includes her ex-boyfriend, Adam Carlson (John Krasinski), who is an ambitious small-time TV reporter. His reports bring Kramer and a horde of other media types, as well as local Inupiat hunters. The best characters are the whales, animatronic behemoths that look incredibly real. They're the centrepiece of this feel-good comic tale that works its way to an exciting conclusion. PETER HOWELL

Project X

Director. Nima Nourizadeh

Stars. Thomas Mann, Oliver Cooper

●●●○○

Project X is actually a slag heap of similar films, spanning the booger-flicking expanse from Animal House to Superbad. The difference here is the way Project X so aggressively ups the ante for outrageous sex, drugs and property damage. The film reflects so poorly on American life and values, it could serve as an Al Qaeda training video. The setup is simple: shy Thomas is turning 17, and his best buds want to throw the mother of all parties at Tom's house. Mom and dad's place is trashed so badly you may have to watch the screen — horrified — through your fingers. STEVE GOW

Elijah Wood, right, and Jason Gann play man and man's best friend in quirky dark comedy Wilfred, returning for its second season on FX Canada.

Doggone Wilfred's back

This ain't ALF. Lead and co-creator discusses why the show works

MIKE DOJC
2forcouples.com

In Wilfred (FX Canada), Ryan, a sad sack lawyer (Elijah Wood), strikes up a peculiar friendship with his neighbor's pooch. He sees Wilfred as a foulmouthed Australian in a shaggy dog suit while everyone else sees him as a cuddly mutt.

With the second season premiering on Thursday, we tossed Jason Gann, series co-creator and the man in the costume, some meaty bones to chew on.

What's the most cockamamie theory you've read on a message board from Wilfred fans?

People will get on there and go what is going on, is he this, is he dead, what's going on? Inevitably, a bunch of fans who've been on there for awhile will jump on and say you've just got to enjoy it, don't overanalyze it, don't over-think it, just go with it. I think people were driven crazy by the season one finale.

Wilfred and Ryan seem like an old married couple. What would a couples' counsellor make of their relationship?

You've obviously been in the writers' room. Look, I think it's a really good romance between the two. I guess you'd call it a co-dependent relationship that is maybe not healthy.

Despite all the trouble Wilfred gets Ryan into, do you think Ryan is ultimately better off having him in his life?

Definitely, because he's living. Part of life is making mistakes and getting out there into society because that's where he really struggles and those are the things that make you stronger and really define and make you who you are.

But, put it this way, would you like a friend like Wilfred?

No. Quite simply put. Fans are telling me all the time, I want a Wilfred and I'm like do you really? I'm not sure you do, you might have fun watching someone else have a Wilfred but it would be pretty wild. Maybe I could deal with it if it was for half an hour a week.

Wilfred's owner, Jenna, manipulates Ryan almost as much as the dog does. Is he in "puppy" love with her?

Ryan has a lot of stakes in a girl who isn't giving him a lot back romantically or as a friend really. We have to assume that a lot of it has happened off-screen. But yeah, it would be puppy love because it isn't really grounded in a truthful relationship, and they haven't developed one yet.

Have you ever been as whipped as Ryan?

Maybe for a week. Look, I've been heavily in love with girls but, from an early age, I saw what happened to nice guys. So even if I wanted to be like that, even if everything in my body was telling me to do so, I've resisted because they don't respect it ... well, they do and they don't. That doesn't mean I don't treat women well in my life. I really do. I treat them like queens.

Really?? Never even been a little whipped?

What am I saying, one of my last girlfriends used to send me to the dry cleaner all the time. I'd also drive her to work in the morning and she'd inevitably forget something and I'd have to drive her back. But it wasn't because I was desperately in love; this somehow just happened.

As manipulative and deceptive as Wilfred can get, he still manages to be endearing and loveable. What's his secret?

Well I don't pat myself on the back too often but that, I have to say, is a Jason Gann thing. My friends have always said that's just you in a dog suit. I have forever gotten away with saying things and doing things that people just generally don't. I've heard all my life, 'Jason if anybody else did that I would have thought he's the most disgusting creep, but for some reason when you do it it's okay.' I kinda bring that naughty cherub element to the character and it's something that's worked for me personally so it's fun to play with in the character.

YOU COULD
WIN
A TRIP TO
ITALY
Enter at clubmetro.com for your chance to win a trip for two to Italy, courtesy of Transat Holidays.
Return airfare, transfers & 7 nights accommodation in Agropoli, Italy* are included.
HURRY CONTEST ENDS JUNE 24TH
Sears travel.ca
In-store | 1.866.359.7327
VISIT
clubmetro.com
TO ENTER
To enter and for full contest details visit clubmetro.com
†Monthly installment payment shown based on 24 month "Equal Payments, No Interest" offer includes taxes and fees except taxes on administration fee. Price includes applicable administration fee. All prices shown are valid at time of printing. **On approved credit. "Equal Payments, No Interest" offer: Pay in 12 or 24 monthly installments only on your Sears® MasterCard®, Sears® Voyage™ MasterCard® or Sears Card with participating supplier. Administration fee on equal payment offer (except in Quebec), 12 months – $64.99; 24 months – $84.99 and no minimum purchase (except in Quebec $200 minimum purchase required). Interest will accrue on financed amount (which includes administration fee and applicable taxes and delivery charges) at the rate then in force for purchase transactions but will be waived if you pay the monthly installment plus the remainder of the New Balance amount on your statement in full when due. If not paid in full when due, interest on unpaid monthly installment accrued from the date installment posted to account will no longer be waived and will be charged to account. If account falls 4 billing cycles past due offer terminates and interest on unpaid balance of financed amount accrued from posting date will no longer be waived and will be charged to your account. See Cardmember Agreement for more details. Offer available in-store or by calling 1.866.359.7327. Not available at searstravel.ca. Visit us in-store or call for full details. ©2012 Thomas Cook Canada Inc. d.b.a. Sears Travel Service. B.C. Reg. No. 3597. Ont. Reg. #50010226. Quebec Permit Holder – OPC #702734. 75 Eglinton Ave. E., Toronto, ON, M4P 3A4. Sears® and Voyage™ are registered Trademarks of Sears, licensed for use in Canada. MasterCard and the MasterCard Brand Mark are registered trademarks & PayPass is a trademark of MasterCard International Incorporated.
*No purchase necessary to enter or win. Approximate retail value $3,000 (based on Toronto departure). Skill-testing question required. Odds of winning depend on number of eligible entries received. Contest closes June 24, 2012. Visit clubmetro.com for Rules & Regulations. Flights are from Toronto via Air Transat. Prices shown are per person, based on double in lead room category, option 1 (unless otherwise stated). Space and prices subject to availability at time of booking and subject to change without prior notice. Taxes/fees extra and noted above. For details, terms and conditions refer to the Transat Holidays 2012-2013 Europe brochure. Transat Holidays is a division of Transat Tours Canada Inc. and is a registered travel wholesaler in Ontario (Reg #50009486) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8.

GTL (gym, tan, laundry) replaced by GTC (go to court)

Jersey Shore. Summer is the season of lust, drink and arrests for famously misguided cast

This June 8 photo shows Jersey Shore's Vinny Guadagnino chatting up two girls on the Seaside Heights, N.J. boardwalk. WAYNE PARRY/THE ASSOCIATED PRESS

There's a certain T-shirt hanging on the wall of The Shore Store, a boardwalk clothing shop where cast members of MTV's Jersey Shore punch the clock at their day jobs for the show. It reads, "I Love Seaside Heights, New Jersey this time of year!"

With the hit series filming its sixth season here, it's that time of year again in Seaside Heights. And as predictably as the waves crash on the shore, misbehaving cast members are rolling into municipal court with their lawyers and credit cards in tow.

So far this year, one cast member, Deena Cortese, was arrested for allegedly dancing in a roadway in Seaside Heights, slapping passing cars. And housemate Ronnie Ortiz-Magro is accused by a northern New Jersey man of assaulting him during a scuffle at the Bamboo Bar earlier this month.

Add to that a court hearing next week for a friend of Michael "The Situation" Sorrentino. John Manfre, known on the show as "The Unit," was charged with trying to bring drugs into the shore house, according to his lawyer, who is challenging the grounds for the arrest. Raymond Raya, the attorney who represented Nicola "Snooki" Polizzi in her disorderly conduct arrest in 2010, said this kind of behaviour is not exactly alien to Seaside Heights.

"I don't think there's anything happening at these clubs that's any different than what was going on 20 years ago," he said. "They're just filming it now. It's naturally unnatural."

Meanwhile, fans are eating it up. Many viewers who lined up on the boardwalk last week, hoping to catch a glimpse of cast members in the T-shirt shop, said the worse the cast members behave, the more entertaining the show is. THE ASSOCIATED PRESS

Snooki

'Criminally annoying'

The most famous court appearance stemming from the show was "Snooki" Polizzi's in Sept. 2010, in which a judge sternly lectured her, borrowing a speech from the movie Animal House. "Rude, profane, obnoxious and self-indulgent is not the way to live your life," Judge Damian G. Murray said. "If this was your idea of a good time, it appears your recent celebrity has affected your judgment." After asking Polizzi whether she had staged the incident (she said she had not), the judge fined her $500 for interfering with the quiet enjoyment of the beach. In her haste to leave, Polizzi left the credit card she had used to pay her fine with the clerk, prompting an employee to chase after her before Polizzi sped away.

CIRQUE DU SOLEIL
AMALUNA
DIRECTED BY DIANE PAULUS
PRESENTED BY
Desjardins
OPENS SEPTEMBER 6
UNDER THE BIG TOP
THE PORT LANDS
cirquedusoleil.com
ENHANCE YOUR EXPERIENCE AND MAKE THE NIGHT VIP ROUGE™
OFFICIAL SPONSORS
INFINITI CGI xerox ROGERS
MEDIA PARTNERS
cbc.ca metro
Photo: Laurence Labat Costume: Mérédith Caron © 2012 Cirque du Soleil

Get the Career YOU Want in 5-12 Months!
We Speak Your Language!
416 840 3364 • 416 969 8845
Para su consulta gratis en español, por favor llame a Lidia ext 224
免费中文咨询—请电Jun分机228!
Hindi, Punjabi aur Tamil mein salah ke liye, kripya extension 225 pe, Niyati ko phone karein
Financial Assistance May Be Available To Those Who Qualify!
New! FREE English Courses for Our Students!
Law & Business
• Police Foundations (class starts in two weeks)
• Law Clerk with Practicum
• Legal Office Assistant
• Business Administration
• Conference & Event Planner
Call to Try Our Classes For Free!
Free Second Career Information Session, call now to reserve a seat!
Academy of Learning
www.aoltoronto.com

YOU COULD
WIN A PASS FOR TWO TO SEE A SPECIAL ADVANCE SCREENING OF TED!
IN THEATRES JUNE 29TH!
Rated 14A - Substance abuse, sexual content, coarse language
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER

Celebrity Olympians

From Hollywood royalty to actual royalty, some stars bring glamour to the Games. Here are our top six.

KIERON MONKS, METRO WORLD NEWS

Zara Phillips

Queen Elizabeth II's granddaughter Zara Phillips is to represent the British equestrian team at the London 2012 Olympics. This will be the 31-year-old Royal's first Olympics, despite a rich riding career that included gold medals at the 2005 European Eventing Championship.

Princess Anne

Zara's mother appeared at the 1976 Games, riding the Queen's horse Goodwill. Anne also won European medals and became even more famous by becoming the first Royal to appear on a TV quiz show, when she was a contestant on the BBC's A Question of Sport in 1987.

Greg Louganis

The finest diver of his generation, Louganis won gold medals at the 1984 and 1988 Games. He was then diagnosed with HIV and became a high-profile gay rights activist, campaigning against the U.S. army's Don't Ask, Don't Tell policy. He also wrote a best-selling autobiography and starred in a string of movies and TV shows.

Johnny Weissmuller

A U.S. swimmer who won gold at the 1924 and 1928 Olympics, Weismuller went on to enjoy a successful acting career. The high point was a starring role in the official Tarzan films, for which he claimed to have invented the jungle character's trademark yell.

Sonja Henie

Norwegian figure skater and film star, Henie remains the most successful female skater in history with three Olympic gold medals between 1928-1936. She then signed with Fox studios as an actress and performer. Henie has her own star on Hollywood Boulevard, but was a controversial figure for her personal relationship with Adolf Hitler.

Muhammad Ali

Well before he became a global icon, Ali was an 18-year-old Cassius Clay from Louisville, Kentucky who bagged a gold medal as an amateur boxer at the 1960 Olympics. He would go on to convert to Islam, be one of the first social activists to protest against the Vietnam War, and become one of the greatest sporting athletes of the 20th century.

FOR YOUR
FLOOR CLEANING SOLUTIONS
Swiffer WETJET
GREAT CLEAN IN LESS TIME VS. MICROFIBRE MOP & BUCKET*
MONEY BACK GUARANTEE SATISFACTION
© 2012 P&G
* Valid on starter kits only.
Available at Walmart
Save money. Live better.

Actors improvise in low-budget flick

Your Sister's Sister.
Cast bonded while stuck together for 12 days on a remote island

NED EHRBAR
scene@metronews.ca

For writer and director Lynn Shelton's latest, Your Sister's Sister, she enlisted the help of stars Emily Blunt, Mark Duplass and Rosemarie DeWitt — and gave them all creative consultant credits on the heavily improvised project about a pair of estranged sisters (Blunt and DeWitt) and a male pal (Duplass) stuck in a mourning-fueled emotional ditch. Shot for a scant $80,000 over 12 days on an island outside Seattle, the picture was a bonding experience for the four of them, to put it mildly.

Shelton prefers to shoot without a conventional script, letting the actors explore their characters and the situation naturally and then assembling the finished product in the editing suite.

"My No. 1 guidepost when I'm making these films is believability," Shelton says. "I want to create characters who you really believe in, who feel real and resonate. I really want you to recognize the people onscreen and have them be fully human and therefore fully flawed because we're all cracked vessels."

If anything, Duplass finds it a release from the traditional Hollywood depictions of human interaction. "Sometimes in those movies where you have these quote-unquote complex relationships, I find that characters are all behaving pretty well and perfectly, and these characters in this movie are much more like me," he says. "They have many more moments of social awkwardness and missing the mark quite often — and good intentions at times but really just f--ing up, you know?"

Part of keeping things real meant letting English actress Blunt depict her character as English, and Shelton says there was little question in her mind on the matter. "I knew I wanted her to use her own accent," Shelton says. "I didn't want her to have to worry about that when she was improvising, because improvising was going to be hard enough. So it was really easy to make that work."

For Blunt, though, there was more to it than just having one fewer thing to worry about. "We really wanted to just make these people come from different walks of life and different kind of ways of seeing the world," Blunt says. "I think the character of Iris kind of lent itself more to being a British person just because she's not very good at talking about emotions and feelings. She procrastinates and is self-deprecating and all of those things, so I think it kind of lent itself more to my kind of humor and the way I probably was. I feel like Iris was me eight years ago. It's weird."

Stars Emily Blunt, left, and Rosemarie DeWitt in Your Sister's Sister. HANDOUT

MOVIES,
MUSIC,
& BEER.
IT'S EVEN BETTER OUTSIDE.
EVERY THURSDAY NIGHT THIS SUMMER EXPERIENCE THE BEST IN FILM AND MUSIC OUTDOORS AT OPEN ROOF FESTIVAL. BRING YOUR FRIENDS, STAY FOR A DRINK, GRAB A BITE... ENJOY.
UPCOMING FILMS: MARLEY (JUNE 21ST),
CHARLES BRADLEY: SOUL OF AMERICA (JUNE 28TH)
UPCOMING LIVE MUSIC: FRIENDLYNESS & THE HUMAN RIGHTS
(JUNE 21ST), ARMY GIRLS (JUNE 28TH)
STARTING JUNE 21ST, 7PM AT THE AMSTERDAM BREWERY (21 BATHURST ST, NORTH OF LAKESHORE).
PURCHASE YOUR TICKET ONLINE, $15 (LIMITED TICKETS AT DOOR).
GO TO OPENROOFFESTIVAL.COM TO BUY YOUR TICKETS AND GET A SNEAK PEEK AT WHAT'S TO COME!
OPEN ROOF FESTIVAL .COM
Sponsored by metro
TWITTER.COM/OPENROOFFEST
FACEBOOK.COM/OPENROOFFESTIVAL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

They say it's over, that it's over, but it's far from over

MONICA WEYMOUTH
scene@metronews.ca

What seemed to be a relatively minor bar fight between Chris Brown and Drake last week is still brewing.

The Manhattan nightclub where the incident took place, W.i.P., has been closed down due to multiple code violations, according to the Associated Press.

As for the fight itself, a source tells the Associated Press that the two hip-hop stars weren't even involved in the bottle-throwing brawl, claiming it was "entourage versus entourage, never Drake versus Chris," shooting down the theory that the two were fighting over Rihanna.

Rapper Meek Mill — who was at the club with Drake, and was initially identified as an instigator — also says the stars weren't involved. "Chris and Drake, them two was there, but it's other people that be around that take sh— to the next level," he tells MTV.com.

"Things just happen in the club. I seen girls in there throwing bottles. I never seen Chris Brown or Drake throw a bottle, and I was there."

While Brown has already talked to cops, Drake has declined to answer questions. "Why would he turn himself in when he did not commit any wrongdoing?" his rep told the New York Post in a statement on Sunday.

The only thing more annoying than a hip-hop fight is a never-ending non-hip-hop fight between entourages and publicists. This thing is one airborne bottle of Skinnygirl Margaritas away from being a Real Housewives episode.

Want to take a snooze under the strobe lights?

Lindsay Lohan must be able to bounce back quickly.

After being treated for exhaustion on Friday — brought on by her hectic filming schedule — the troubled actress was out Saturday night partying at the Chateau Marmont, according to Us Weekly.

"For someone so exhausted, it was shocking to see her out past 1 a.m.," a source says.

Lohan, who was reportedly still in hair and makeup from the Elizabeth Taylor biopic she's filming, stayed until hotel's restaurant cleared out for the night.

Twitter

@ActuallyNPH
Thanks so much for all of my B'day tweets! I had a spectacular day in Montreal w/ the delicious @DavidBurtka. I'm liking this 39 stuff!

@BetteMidler
Assassins! Something has murdered two of my chickens, Khloe and Kourtney! It gnawed thru the chicken wire and pounced...poor dears. RIP.

@AlbertBrooks
I worry about Lindsay Lohan. And not just because I loaned her $1100.

@lindsaylohan
Note to self.. After working 85hours in 4days, and being up all night shooting, be very aware that you might pass out from exhaustion & 7 paramedics MIGHT show up @ your door.... Hopefully theyre cute. Otherwise it would be a real let down.

Kate peeps about her prince

Kate Middleton ALL PHOTOS GETTY

Kate Middleton is usually pretty tight-lipped about life married to Prince William, but she did open up to a group of inner-city youth during a visit to their outdoor learning centre, according to Us Weekly. "William is very sweet and kind of spoils me," Middleton told one of the children. Of course, seeing Middleton working so well with children begs the question of when she and William will start a family of their own, and royal sources say sooner rather than later.

"There's a window in place," a source says, explaining that the couple is hoping to get pregnant between September and next summer. "The pregnancy will be announced. It won't be hidden."

WE NEED FEMALES

Are you a healthy,
FEMALE 40 YEARS
OF AGE OR OLDER?

Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Post-menopausal Females, 40 years of age and older.

- Study starts on Sunday, June 24, 2012.
- 3 sessions with no return visits.
- Compensation is up to $1500 for completing the entire study.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8-7, Sat-Sun: 10-6

BioPharma Services Inc.

4000 Weston Road, Toronto
www.biopharmaservices.ca

Scotiabank™ PRESENTS

2ND ANNUAL
CAREER EDUCATION & SETTLEMENT FAIR
IN ASSOCIATION WITH CENTENNIAL COLLEGE

AN EXPO FOR NEWCOMERS

BROUGHT TO YOU BY Canadian IMMIGRANT

COME VISIT: SCOTIABANK RECRUITMENT ZONE | CENTENNIAL COLLEGE PAVILION
RESUME CLINIC AND A NUMBER OF ORGANIZATIONS IN THE CAREER, EDUCATION AND SETTLEMENT SECTORS

11:30am – 12:00pm
JOB HUNTING & NETWORKING WHILE UPGRADING YOUR EDUCATIONAL SKILLS
KEYNOTE SPEAKER: Blair A. McMurchy
Director of Professional & Continuing Education, Placement & Promotion, Humber College

12:00pm – 12:30pm
DO MORE WITH A CGA DESIGNATION
KEYNOTE SPEAKER: Carmen Jacques
Business Development Manager, CGA Ontario

12:30pm – 1:00pm
5 PROVEN SOCIAL MEDIA TIPS FOR CAREER SUCCESS
KEYNOTE SPEAKER: Murali Murthy
Advertising Strategist, Speaker, Author, Coach, Social Activist

1:00pm – 1:30pm
SUPPORTING IMMIGRANT TRANSITION TO POST SECONDARY EDUCATION
KEYNOTE SPEAKER: Martin Ruszowski
Advisor in Career Services, Centennial College

1:30pm – 2:00pm
SELLING YOUR SKILLS WHILE NETWORKING
KEYNOTE SPEAKER: Lori Dutton
Regional Marketing Director, CMA Ontario, GTA East

REGISTER ONLINE NOW!
HTTP://CANADIANIMMIGRANT.CA/CAREERFAIR/2012-SESSIONS
PLEASE REGISTER TO ATTEND
SPACE IS LIMITED

2:00pm – 3:00pm
WINNING WAYS – FORMULA TO YOUR JOB SEARCH SUCCESS
KEYNOTE SPEAKER: Sujay Vardhmane
Senior Manager, Global Employment Strategies, Scotiabank

3:00pm – 3:30pm
DEVELOPING A STRONG NETWORK TO GAIN EMPLOYMENT
KEYNOTE SPEAKER: Donna Heslin
Instructor, University of Toronto

3:30pm – 4:00pm
CAREERS IN IT
KEYNOTE SPEAKER: Maureen A. Ford
Program Manager, Integrated Work Experience Strategy, Information and Communications Technology Council

4:00 – 4:30pm
HOW TO START YOUR OWN BUSINESS
KEYNOTE SPEAKER: Sarah Hashem
Senior Manager Ontario, Canadian Youth Business Foundation (CYBF)

4:30pm – 5:00pm
WHINE WHINE TO WIN WIN – POWER OF BEING POSITIVE
KEYNOTE SPEAKERS:
Hima Soni & Shibani Somani
Corporate Trainers, Just IDEAS

times subject to change

TUESDAY, JUNE 26, 2012
DOORS OPEN: 11:00AM - 5:00PM
INTERNATIONAL CENTRE, 6900 AIRPORT ROAD, HALL 5

FREE ADMISSION
FOR DETAILS CONTACT: 416.933.3429 | CANADIANIMMIGRANT.CA/CAREERFAIR

From baby bump to beach body, the transition isn't as hard as it used to be. METRO WORLD NEWS

How a Victoria's Secret angel got her body back

Sexy in summer. We speak to Leandro Carvalho, personal trainer to Victoria's Secret "angel" Alessandra Ambrosio

ROMINA MCGUINNESS
Metro World News

Having a baby is a life changing moment — sometimes not always for the best.

The lack of sleep, dirty diapers and the fact you've turned into a milk-making machine can be overwhelming. And however much some women would love to get their pre-baby body back, most have no idea how, or when it's OK to start exercising again. Leandro Carvalho tells us how to achieve post-baby body perfection.

Post-delivery recovery

"Women who give birth naturally need to wait around four weeks before they can start exercising again. The recovery period goes up to six weeks if they've had a caesarian," Carvalho tells Metro.

A serious operation, a caesarian limits the type and amount of working out that can be done months after giving birth. In other words, it'll be a while before you can run, jump, cycle or do squats, lunges and sit-ups again.

But not all new moms can hope that newborn-related stress and breast-feeding alone will help them lose the baby weight.

For that reason, Carvalho found a way to increase heart rate and trigger weight loss-with zero impact.

Here's how it goes:

Walk in incline

Start with the easiest exercise known to man: walking.

Carvalho advises you start off slow, maintaining a speed anywhere between two to 3.5 km/h on a five per cent incline (if on a treadmill). Never go faster than 4.0 km/h as this is basically running and no high impact exercise is allowed until at least two months after giving birth.

If your ultimate goal is to lose fat, you'll need to keep going for at least 30 minutes:.

"Ten minutes on the treadmill is a good warm up, 20 minutes is good for your health but if you want to burn fat, you need to go beyond the 25 minute mark. Up until that point, your energy comes from the glycogen stored in the muscles, but after 25 minutes, your body gets its energy by burning fat," he adds.

Once you've walked in incline for a minimum of 25 minutes you can move on to the floor exercises.

The safest strategy: add some weight

Your workout intensity is limited and you'll need to be patient if you want results. You can't jump or run around, so challenge your body by wearing ankle weights and weighted gloves during your workouts.

"Adding light two to eight pound ankle weights when doing leg lifts (such as a kneeling leg lift) or weighted gloves when doing arm movements will increase the intensity of a move," explains Carvalho.

Slowly building up your resistance and the number reps will tone and sculpt your body. Start with 20 to 30 reps for each move, eventually working your way up to 100.

Quoted

"Working out two hours a day, six days a week. On her 'off' day, she does gentle yoga."

Leandro Carvalho
Personal trainer to Victoria Secret Angel, Alessandra Ambrosio

By the numbers

30

Personal trainer Leandro Carvalho recommends doing 30 minutes of intense cardio exercise three to four times a week if your aim is to change your body shape and lose weight.

3 LIFE

Health minute

Cold virus holds promise as cancer therapy

Researchers have shown that a cold virus known to destroy cancer cells can be delivered to a tumour through the bloodstream without falling prey to killer antibodies on the way. In a study published Wednesday in the journal Science Translational Medicine, the researchers found the "reovirus" hitches a ride on blood cells and uses them as a shield against the immune-system cells. The reovirus holds promise as a possible new way of treating cancer because it not only kill cancer cells directly, but also triggers an immune response – similar to what a vaccine does – that helps eliminate residual cancer cells. But because the virus, which causes upper respiratory and gastrointestinal illness, is common in the environment, most people have been exposed to it in childhood and therefore have developed antibodies, said Alan Melcher, a professor of clinical oncology and biotherapy at the University of Leeds who co-led the study.

THE CANADIAN PRESS

On the Web

Deaths and costs to society are lower in areas with toughest motorcycle helmet laws

Best Health

Cooking away the good parts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Is food less healthy when heated?

In each issue of Best Health magazine, we analyze whether some common assumptions are based on fact or fiction. In our Summer issue, we look at whether cooking causes foods to lose their nutritional value. Many people think it does. But here's what we found out.

Some foods do lose their nutritional content when cooked, but to varying degrees. Generally, foods retain the most nutrients when they are steamed, stir-fried or microwaved.

Water-soluble vitamins like C and the B family leach into water and are damaged by exposure to heat, light and air. So to get the most benefit, you may want to minimally cook foods that are high in those vitamins – for example, sweet peppers and asparagus.

With meat, the fat and calorie content depends on how it's prepared. Grilling and broiling will allow fat to drain away from the meat, and result in a leaner dish than one left to simmer in a sauce.

For more nutritional news and information on healthy living, check out Best Health, on newsstands now.

TO CLAIMS YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Take the green pill and fall down the nature rabbit hole

Decrease stress. New research shows that getting out into the wild can help to bring some calmness back to your hectic life

David Suzuki is encouraging people to get out and enjoy nature. GETTY IMAGES

CELIA MILNE
life@metronews.ca

Are you lethargic? Tired? Can't concentrate? Maybe you have green deficit disorder.

That's right. The family needs a hit of nature. Take a hike! was the theme of a recent evening at the Art Gallery of Ontario, hosted by David Suzuki and Richard Louv. Suzuki is a well-known writer, broadcaster and environmental activist in Canada, while Louv is a journalist in the U.S. who wrote, Last Child in the Woods and The Nature Principle.

Quote

"The more high-tech our lives become, the more nature we need."

Richard Louv
Talking about getting back to nature

"The more high-tech our lives become, the more nature we need," Louv is fond of saying.

More and more research is accumulating on the health benefits of frolicking among trees. A new study conducted at the University of Kansas found that a group of adult backpackers were 50 per cent more creative after spending four days on the trail, implying that nature sharpens the mind.

Researchers at the University of Illinois recently found that children with attention deficit hyperactivity disorder who regularly play in green settings have milder symptoms than children who play in built settings. And scientists at Cornell University found that children who have more contact with nature — even if it's just the view of something green from their bedrooms — experience less stress than those with less exposure.

Suzuki advises us to help protect every bit of wild nature that's left on the earth.

"We need our elders to get off the golf course and start sharing with young people what the world used to look like," he told the audience.

CROOKED TEETH and want them straightened?

You or your child may have irregular teeth, which cause you to feel embarassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.

For a free examination appointment
Please call Bonnie at (416) 635-5821

111233

ARE YOU 40-60 AND FEELING DEPRESSED?

The WHCC at St. Joseph's Healthcare Hamilton is looking for men & women 40-60 years old for an assessment and potential participation in research studies.

Participants will be compensated for their time.
If you are interested, please call:
(905) 522-1155 ext. 32048

St. Joseph's Healthcare Hamilton

ADDvance TREATMENT CENTRES

A Specialized Attention Deficit Disorder (ADD) Treatment Centre

Diagnosis ★ Treatment
★ Ongoing Management Support ★
(Coaching, CBT, Counselling, Nutrition and Tutoring)
For children, teens and adults.

Call to find out more 416-792-2824
or contact us at info@addvancetreatment.com

124 Merton Street, Suite 103, Toronto, Ontario M4S 2Z2
www.addvancetreatment.com

Toronto Memory Program

DO YOU KNOW SOMEONE WITH ALZHEIMER'S DISEASE?

Toronto Memory Program is now conducting a research study evaluating an investigational medication for those with Alzheimer's disease.

PARTICIPANTS MUST BE:

- Between 50 and 80 years of age
- Diagnosed with Alzheimer's disease and may have had a possible stroke(s).

There is no cost associated with participation. For more information, call Toronto Memory Program at 416-386-9606 or write to us at research@memorydisorders.ca

Toronto Memory Programs is an OHIP funded clinic specializing in diagnosis and treatment of Alzheimer's disease and related disorders.

(416) 386-9761
1 VALLEYBROOK DRIVE, SUITE 400
TORONTO, ONTARIO, M3B 2S7
TORONTOMEMORYPROGRAM.COM

I'm always fascinated by the way memory diffuses fact.
Diane Sawyer

NATCM HEMORRHOIDS CENTRE
Website www.natcm.ca
To help retired seniors relief from financial stress, we offer
15% OFF for seniors over 65 yrs old!
Guaranteed Results!
And 5 Years Guarantee! No Surgery!
FOR: HEMORRHOIDS, FISSURE, FISTULA, POLYPUS, ANAL ECZEMA, ANAL ABSCESS
ONE LOCATION ONLY!
FREE Examination
CALL NOW
905-415-1777
Quickly stopped the bleeding, pain, and itching.
Over 3 million satisfied patients over the world were treated using our solutions since 1979!
WE ACCEPT COMPANY INSURANCE PLAN.

Diabetetic? Easily filled up?

It could be Diabetic Gastroparesis.
After a meal, do you experience?
• Bloating
• Lack of appetite
• Nausea or vomiting
• Difficulty controlling blood sugars

You may be eligible to participate in a research study using an investigational medication.

Advances in Medicine happen because people like you choose to participatein clinical research studies. These studies are an important step in developing new treatments. Please consider helping.

Compensation for your time and travel will be provided.

LMC Making Healthy Easier. DIABETES • METABOLISM • ENDOCRINOLOGY

LMC DIABETES
1-866-701-ENDO (3636)
WWW.LMC.CA

LEARN MORE. GET HEALTHY.
| BAYVIEW | OAKVILLE | ETOBICOKE | THORNHILL | BARRIE | MARKHAM | | BRAMPTON | CALGARY | MONTREAL |

Yoga pose of the week. One-legged King Pigeon Pose

How to do the one-legged pigeon pose.

Step 1
Begin on all fours with your knees directly below your hips and your hands slightly ahead of your shoulders.

Slide your right knee forward to the back of your right wrist and at the same time angle your right shin under your torso, bringing your right foot to the front of your left knee. The outside of your right shin should be resting on the floor.

Slowly slide your left leg back, straightening the knee and descending the front of the thigh to the floor. Lower the outside of your right buttock to the floor. Position the right heel just in front of the left hip.

Step 2
Exhale and lay your torso down on the inner right thigh for a few breaths. Stretch your arms forward.

Step 3
Slide your hands back toward the front shin and push your fingertips firmly to the floor. Lift your torso away from the thigh. Lengthen the lower back by pressing your tailbone down and forward and at the same time, lift your pubis toward the navel. Roll your left hip point toward the right heel and lengthen the left front groin.

Step 4
Bring your hands to the top rim of your pelvis. Push heavily down and lift the lower rim of your rib cage. Without shortening the back of your neck, drop your head back. Push the top of your sternum straight up toward the ceiling.

Step 5
With your hands braced on the floor, bend the back knee and bring the foot as close to the top of your face as possible. Inhale and stretch the right arm upward then exhale, bend the elbow and reach back to grasp the inside of the left foot. Draw the sole of your foot as close as possible to the crown of your head. Hold for 30 seconds.

Step 6
Release the foot and lower the leg. Switch legs to repeat on the opposite side.

METRO WORLD NEWS

The benefits

What you get out of the one-legged pigeon pose

- Opens up the shoulders and the chest
- Stretches the thighs, groins, abdomen, chest, shoulders and neck.

Thoughts on...

Status quo

When our lives are going well, and sometimes even when they aren't, we may find ourselves feeling very attached to the status quo of our existence — life as we know it. It is a very human tendency to resist change as though it were possible to simply decide not to do it, or have it in our lives. But change will come and the status quo will go, sooner or later, with our consent or without it.

We may find at the end of the day that we feel considerably more empowered when we find the courage to ally ourselves with the universal force of change, rather than working against it.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

FREE SHOES
(if qualified) — We bill your insurance directly
Limited Time Offer Until The End of The Month!
We accept all types of benefits plus union workers.
• Services • Acupuncture • Massage Therapy • Footwear • Custom Made Orthotics • Compression Stockings
USE YOUR BENEFITS BEFORE THEY EXPIRE!
BVM foot & health care centre
bvmfootcare.com
47 The Links Road
North York, ON M2P 1T7
416.549.8000

Now Accepting Patients
Naturopathic Doctors
at work in the community
Improve Your Health. Enrich Your Life.
Your quality of life is inextricably linked to your health.
Join the thousands of people who have found improved health through proven treatments at the **Robert Schad Naturopathic Clinic**.
Therapies include **acupuncture, traditional Chinese medicine, hydrotherapy and lifestyle and nutritional counselling**.
Naturopathic care also helps patients manage the side effects of their prescription medications.
For more information or to make an appointment visit www.rsnc.ca or call 416-498-9763.
ccnm
CANADIAN COLLEGE OF NATUROPATHIC MEDICINE
THE ROBERT SCHAD NATUROPATHIC CLINIC is the teaching clinic of THE CANADIAN COLLEGE OF NATUROPATHIC MEDICINE
1255 Sheppard Avenue East (at Leslie Subway Station) • 416-498-9763
On-site Botanical Dispensary • BODY MIND SCIENCE Resources • Parking Available

Are you a Healthy Person between 18 and 55 years of age?
If so, we want to hear from you!
Apotex is currently recruiting healthy men and women to participate in studies on pharmaceutical products.
CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca
• YOU WILL BE PAID upon completion of the study
• Compensation may range from $800 to $3900 depending on the length of the study
APOTEX ADVANCING GENERICS

Thirty-four years old and living with the 'rents: Matthew McConaughey, centre, starred in Failure to Launch along with Kathy Bates, left, and Terry Bradshaw back in 2006. CONTRIBUTED

Boomerang kids back in the nest?

Young and broke. They have huge debts and can't find jobs — what to do when your children grow up and move back in

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

An amusing comic strip recently showed a teenager asking his parents to lend (meaning give) him $20 so he could go out for a movie and pizza with his friends. His mother pointed out that he had a part-time job and savings in the bank. "But that's my money!" her son protested.

This seemingly innocent me-ness of the teenage years is spilling over into adulthood. One third of parents with a youngest child between 20 and 34 have at least one offspring living at home according to a 2011 Statistics Canada report. And one quarter of those enjoying Hotel Mom and Dad have left the nest only to return — the so-called boomerang kids.

It isn't surprising. After all, the Vanier Institute of the Family pegs the average debt for those with an undergraduate degree at around $18,000, but the Canadian Federation of Students believes it's more like $27,000.

Factor in the unemployment rate for the under-35 crowd, between 15 and 21 per cent, and there are a large number of young adults who have no financial choice but to live at home. In many cases, parents who are initially willing to help end up feeling put upon and resentful. Avoid this toxic situation by ensuring adult children at home contribute.

Above all, charge rent. I recommend a sliding scale based on income. First set a base rate no matter what your child is earning — $50 monthly is better than nothing.

Even if that means an engineering grad must take shifts at the mall or a fast food outlet, such financial obligations are the stuff of adulthood. (If your child is saving to go to school the rent can always be rebated later.)

Then peg future rent to a percentage of their earnings. A reasonable rule of thumb could be 20 to 25 per cent of gross income. Since most recent grads will have lots of tuition and education credits to carry forward, they are unlikely to pay much tax.

Also, be sure to spell out household duties such as cleaning, gardening, cooking and grocery shopping.

By all means help your kids get on their feet but treat them as adults at the same time.

Alison's money rule

"Helping out financially shouldn't mean a free ride for adult kids living at home."

How times change

- **Young adults with cash.** In 1985, 21 to 34-year-olds purchased 38% of all new cars; today it is only 27%.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Pay down your mortgage.

Owning your home shouldn't come at the expense of living.

Life adds up. Your finances should too.

CIBC Wealth Builder Mortgage™

GREAT LOW RATE

EARN $6,000 IN SAVINGS[1]

Wealth Builder Mortgage is an option available only on 5 year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account no monetary value and can only be redeemed according to the rules established by Aeroplan Canada Inc. Aeroplan Miles cannot be transferred to another person.

Food for thought

Organic power shopping never pays off

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

Last week I was racing from a meeting with my lawyer to one with my banker, regarding my new home purchase. Between appointments, I decided to squeeze in a 'power shop' for groceries; in-and-out in less than eight minutes.

I filled my basket with a few days' worth of fresh organic foods and bolted to the checkout. The cashier rang in my $50 stash and that's when I discovered, in my haste, I'd left my wallet at my last appointment.

Full of apologies for the cashier and patrons waiting in line behind me, I started to leave the checkout counter. But, I was stopped by a nice guy from the lineup who insisted on paying for my groceries. I thanked him 10 times over, offered to pay him back (he refused), and his parting comments to me were "why do you buy organic? It's so expensive. I can get twice the amount of groceries for the same price." We all know the stats on organic foods; locally grown, fresh, greater nutrients because no artificial chemicals or additives are used in the growing and/or refining processes. Experts say these foods are better for our bodies and the environment. But, in many places, organic foods take up a significant chunk of a household's budget. Thus, many people opt for less healthy, inexpensive foods.

Coupon Cabin released a study last week about organic food purchasing behaviour. Nearly 75 per cent of respondents said they would buy organic if the price was more affordable. But, currently, less than half seek healthier food options because organics cost too much.

There are affordable ways to buy organic and eat healthy.

Plan ahead. Hasty purchases often result in bad deals. So, unlike my eight minute 'power shop', take time to plan out your organic purchases to ensure you don't buy items you don't need and avoid paying too much for the ones you do.

Buy less more often. Fresh organic produce provides its greatest flavour and nutritional benefits when consumed quickly. Buying fewer in-season produce items more often saves money as less food going rotten. If you're concerned about your carbon footprint each time you drive to the grocery store, stop driving and walk, run, bike, or take public transit.

Coupon. Clip organic food coupons or search for them online. Coupons exist for almost any item. The key with couponing is to avoid going overboard – buying more than you need for the sake of a deal.

Bulk-buy non-perishables. Take advantage of sales for non-perishables and items that can be frozen until you're ready to consume.

Buy local. Not only will this help support local growers and businesses, in many circumstances, produce can be significantly less than at a traditional big-box grocer. Great organic healthy fresh foods are available at your local farmers' market or grocery co-op.

Test your green thumb. If you've got access to natural sunlight and have a yard or balcony, try growing your own herbs, fruits and veggies. Seed packs only cost a few dollars.

You don't have to fork over astronomical sums of money to buy organic.

Scared of GMOs and pesticides? You might want to go organic. ISTOCK IMAGES

Build up your savings.

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

Get $4,000 cash back up-front as well as $2,000 cash back over the term of your mortgage.[1] *On a $400,000 mortgage. Conditions apply. Ask for details.*

Ask about how you can earn up to 25,000 Aeroplan® Miles.[2]

aeroplan

CIBC FOR WHAT MATTERS.

for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. [2]Only one Aeroplan Account is eligible for Aeroplan Miles on your mortgage. Aeroplan Miles have
®Aeroplan is a Registered Trademark of Aeroplan Canada Inc. Offer expires June 30, 2012. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

Oodles of noodles at Kinton Ramen really hit the spot

Miso Ramen and Shoyu Ramen. STEPHANIE DICKISON

LUNCH RUSH
Stephanie Dickison
food@metronews.ca

Ramen houses are the current hot trend. And with this one, run by the same folks as cult fave Guu, it's no wonder there are lineups and long waits. Despite the sweltering heat (a combination of massive pots constantly at a rolling boil and no air conditioning), it's worth it.

Along with your menu selection, you'll be asked if you want pork belly or shoulder; oily or light.

Miso Ramen ($9.50) is heavily spiced and peppered, with corn in addition to bean sprouts, onion and scallion.

Shoyu Ramen ($9.50) — the soy sauce based one — is the milder of the two, with softened sheets of nori and a floating seasoned egg. The nuanced flavours of both broths are sublime as are the delicate, luscious slices of pork.

But it's the chewy noodles that are rapturous.

I assure you, they are absolutely nothing like those dried noodle soup packages you lived on as a student, but just as addictive.

Visiting the restaurant

Kinton Ramen

Address. 51 Baldwin St.

Phone. 647-748-8900

Website. kintoramen.com

Rating. 4 out of 5

Licensed. Yes

Reservations. No

Lunch with co-workers. Yes

Quick solo lunch. No

Business lunch. No

Social lunch. Yes

Salmon Dill Appetizer. Serve this fresh and light starter over lettuce leaves

1. In bowl, combine veggie dip with remaining ingredients and gently fold together.

2. To serve as an appetizer, arrange few lettuce leaves on plate and place mix in centre. Garnish with radishes, if desired. For first course, arrange salad greens on two plates and divide salmon mixture between them. Serve with pita chips, crackers or cucumbers.

THE CANADIAN PRESS/MARZETTI OTRIA VEGGIE DIP

Ingredients

- 175 ml (3/4 cup) feta Greek yogurt veggie dip
- 250 g (8 oz) cooked salmon, skin removed and flaked
- 125 ml (1/2 cup) chopped large portobello mushrooms, gills removed
- 125 ml (1/2 cup) chopped fennel
- 2 chopped scallions
- 15 ml (1 tbsp) chopped fresh mint
- 15 ml (1 tbsp) capers (optional)
- Salt and pepper, to taste
- Lettuce leaves
- Radishes, sliced thin
- Toasted pita chips, crackers or thick slices of cucumber

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Family arguments can be tricky business

In a recent telephone conversation with an extended family member, there was a long drawn out discussion regarding a particular family event and what transpired during that event. We exchanged opinions, some of which caused disagreement on the perception of the event. In any case, voices were raised and then all of a sudden the line went dead. The other party hung up on me. I am now being asked to apologize for the things that I said and for my opinions, which apparently have caused "offence" to this person. I am not feeling the need to do so. How do I address this tactfully/diplomatically and or refuse to apologize?
Yours truly,
Ms. Diplomatic

Dear Ms. Diplomatic,

What a dilemma! I guess my first question for you is how strongly do you feel about this issue and subject? If it really doesn't mean very much to you, then I would personally just apologize and let the entire situation close.

However, if you do feel very strongly, here are your options for consideration:

1. Try calling and apologizing for the situation getting to where it is and try to finish the conversation, calmly explaining your point of view, but respecting theirs. It is OK for two people to agree to disagree.

2. Try sending an email or letter, again following the path above. However, I believe email leads to such a misinterpretation, so it's always easier to speak face to face.

3. Finally, as a last resort, go to a family member who is well respected by this other person and try to get them to help negotiate some peace between the two of you. Don't ask them to agree or plead your case, but just to try and get the two of you talking and to explain that it is OK for you both to have different opinions, but that fighting is really not the answer. Please do let us know how things turn out, best of luck!

Good dog, good job: A happy woofplace

Pet under desk.
Canines are said to create a productive atmosphere and act as a calming force when things get stressful

Sally, a beagle, sits on Jamie Silverman's lap as she works with Jared Shechtman at their office in Manhattan. MARY ALTAFFER/THE ASSOCIATED PRESS

Like any new addition to an office, Dolly had an adjustment period. The hardest part: learning not to bark at the mailman.

Dolly is one of millions of dogs that accompany their owners to dog-friendly businesses every day. Even more will join her this Friday for Take Your Dog to Work Day.

"I consider it a benefit like health care. It's a huge attraction," said Dolly's owner Erin McCormack, who works at Authentic Entertainment in Los Angeles.

McCormack and her Maltese-mix walk together before work and at lunch to get some exercise, and McCormack saves money on the dog walker or daycare she would otherwise need.

"It's such a great way to create a productive atmosphere. It makes the environment more conducive to creativity," she said, at a company that produces shows like the Food Network's The Best Thing I Ever Ate, TLC's Toddlers & Tiaras and Bravo's Flipping Out.

At the same time, McCormack added, "They are a calming force. When things get stressful, you can lean down and pet your dog or take a walk and pet a nearby dog."

About 1.4 million owners take some 2.3 million dogs to work every day, according to an American Pet Products Association survey last year.

When the group last surveyed businesses, in 2006, one in five was dog-friendly. That number is probably holding steady if you include one-person offices, work-at-home pet owners and retail shops, said Len Kain, co-founder and editor of DogFriendly.com, which lists dog-friendly companies in every state.

Some of the nation's largest employers are dog-friendly — like Google Inc. and Amazon.com. Keeping employees happy is one of the main reasons cited by employers.

"Engineering and software companies are often the type of company that is pet-friendly," Kain said.

"These companies have trouble finding people with the skills they need and do not want to lose these employees."

Extrovertic, a health care communications agency with 40 employees and offices in New York City and Cambridge, Mass., tested the waters last year with Take Your Dog to Work Day. On June 22 this year, it is sponsored by North Carolina-based Pet Sitters International to promote adoption.

The experiment was so successful that the company went dog-friendly and Sally, a five-year-old rescued beagle owned by supervising account manager Jared Shechtman, became Take Your Dog to Work Day's poster dog.

"We are a small agency. We want to be different. We want the quality of our employees' lives to be better than they would get at a bigger agency. Having dogs in the office is another way of saying, 'We are different and we care about you,'" said company CEO Dorothy Wetzel.

THE ASSOCIATED PRESS

Doggy digits

2.3 M

About 1.4 million owners take some 2.3 million dogs to work every day, according to an American Pet Products Association survey last year.

Workplace Law

Don't hesitate to question that contract

WORKPLACE LAW
Daniel Lublin
dan@toronto-employmentlawyer.com
Twitter: @danlublin

It is one of the biggest human resource blunders in the workplace — employees told to sign employment contracts after their job already begins. A recent Ontario case illustrates why.

On Anthony Fasullo's third day of work with Investments Hardware Ltd., he found himself in a pickle. He was given an employment contract containing a vast limitation on any future severance and told to sign his name.

However, Fasullo was not previously informed that he would have to sign a contract with any limitation on severance and worse, he had just resigned from another position to take this job. Therefore, his options were grim. He could sign the contract and agree to the limitation or he could refuse and potentially be unemployed. Not surprisingly, Fasullo signed his name and continued to work as before.

The legal impact of the contract Fasullo signed remained dormant until he was fired, several years later. At that time, Investments Hardware sought to enforce the contract in order to pay Fasullo only a small amount of severance.

Employees in Canada are entitled to fair severance payments upon their terminations, unless there is a contract that specifies some other amount. In order for that contract to be enforceable, however, there are a few rules. First, employees must voluntarily agree to the contract, otherwise it may be set aside.

Rules in writing

"Employees in Canada are entitled to fair severance payments upon their terminations, unless there is a contract that specifies some other amount."

In Fasullo's case, the implication was that since he resigned from another job to start work at Investments Hardware, he was in no position to refuse to sign the contract, since he could be left without a job.

Second, when an employee is given a contract after he or she starts a new job, the contract must provide them with something of additional value in exchange for signing the contract. Otherwise, as in Fasullo's case, employers can impose conditions, including punitive ones, and employees are left without any leverage to negotiate. On this basis, a judge recently struck down the contract and awarded Fasullo damages for wrongful dismissal.

The human resources lesson here is clear. Employees should challenge employment contracts where the facts and circumstances present them with that opportunity.

This is because courts continue to hold employers to strict rules where an employment contract provides for anything less than what is considered fair.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

DIVE INTO FRENCH
• French Language Classes for Adults & Kids
• Intensive Classes in July & August
• Summer Camps for Children
• Immersion Programs
NEW SESSION STARTING ON JULY 3rd
French. Universally Spoken. Truly Canadian
TORONTO 416.922.2014 MISSISSAUGA 905.272.4444
NORTH YORK 416.221.4684 MARKHAM 905.604.4011
CANADA TORONTO
Alliance Française
www.alliance-francaise.ca

JOIN OUR
CANADIAN TIRE
ADECCO TEAM!
• Heavy lifters, up to 50lbs for 10 hour shifts
• Shipper/Receivers with power equipment experience
• Long term assignments!
• Great wages! Up to $13.60/hr.
• Excellent bonuses and benefits
REQUIREMENTS:
• Must be at least 18 yrs. of age
• Heavy repetitive lifting required
• Forklift, end rider, center rider, pallet truck experience is an asset (license not required)
Work locations: Steeles Avenue, Goreway Drive and Airport Road.
Successful applicants will be required to participate in a criminal background check.
Apply today!
Visit: 10 Melanie Dr., Brampton, ON
Call: 905.793.7658, or
email: branch6678@adecco.ca
Adecco
better work. better life
adecco.ca

metro TW Trend Watch

GO WITH THE FLOW

Clockwise, from top left, Hermès cliquetis silk carré scarf, $420, at Hermès boutiques, hermes.com, Virginia Johnson merino wool scarf, $195, virginiajohnson.com, Hermès Mosaic H silk carré scarf, $420, at Hermès boutiques, hermes.com, Jessica ombre chiffon scarf, $10, sears.ca.

The Kit is your GO-TO for HOW-TO. A website, an interactive magazine and a weekly feature in select copies of Thursday's Toronto Star. Visit TheKit.ca today.

Sterling silver charms from $30

aurora Fine China & Crystal

1610 Midland Avenue
Scarborough, ON. M1P 3C2

Ph: 416.752.9300
Toll Free: 1.800.668.3333
Fax: 416.285.0900
Email: mail@auroracollectibles.com
Website: www.auroracollectibles.com

PANDORA®
UNFORGETTABLE MOMENTS

US Pat. No. 7,007,507 and Patent Pending • © 2012 Pandora Jewelry, LLC • PANDORA.NET

DO AS THE FRENCH DO

By Deborah Fulsang

Embrace the high-style je ne sais quoi of a scarf this season.

Wrap your hair, circle your neck or create your own sexy halter top — it's all so elegant and easy.

HEAD SCARF

Let Grace Kelly be your guide. Wrap a scarf around your head or ponytail for a pretty, polished effect. *Echo Design African striped polyester scarf, $50, thebay.com. Gap racerback cotton tank top, $24, gapcanada.ca.*

HALTER

Transform a gorgeous square scarf into a super-chic top with two simple knots. *Juma graffiti-print silk scarf, $200, jumastudio.com.*

COSY WRAP

Choose colour and pattern — or both — and jazz up a lightweight cardigan or tee with a vibrant, oversized scarf. *Tilo linen-blend print scarf, $150, reiastudio.com.*

RIGHT LOOK RIGHT AGE

WHAT TO WEAR NOW ... NO MATTER YOUR NUMBER

By Ingrie Williams, with beauty tips by Janine Falcon and Chantel Guertin.

The Kit is like having your own makeup artist, hairstylist, dermatologist, trend translator, front-row insider, personal stylist, and no-nonsense friend — all in one. Visit TheKit.ca.

20-30 SOMETHING: ELIZABETH OLSEN

A generous serving of sparkle and a high-low mix of add-ons take a cheery shade from sweet to chic.

All-over shine helps lemon yellow show its sassy side. *French Connection sequin viscose dress, $298, frenchconnection.com.*

Delicate bands allow you to rock a ring on almost every finger. *Tiffany & Co. diamond and platinum Bow ring, $2,400, Jazz Graduated band ring, $3,300, and Lucida band ring, $3,100, tiffany.ca.*

Steer toward strap-happy heels to put your perfect pedi on full display. *Stuart Weitzman patent-leather heels, $395, stuartweitzman.ca.*

FABULOUS 40: ELLEN POMPEO

Balance a bold shade with updated basics, like a pretty white shirt. *Judith & Charles Bari cotton-blend blouse, $235, and Pamplona polyester pants, $295, judithandcharles.com.*

Tasteful chainmail toughens up an evening look. *BCBG Max Azria metal and leather clutch, $202, at BCBG Max Azria stores.*

Seek out detail and drama when choosing all-black accessories. A glossy finish and pin-thin heels weave a wickedly stylish web. *Gianvitto Rossi patent-leather heels, $1,910, thebay.com/theroom.*

BUY 2 GET 1 FREE Misa Nail Polish

TRADE SECRETS

$3,000 Value! (approx.)

Win a Shopping Spree in New York City

For You & 3 Friends!

Fill out a Ballot In-Store Today! No Purchase Necessary.

& 20 more prizes!

I ♥ MISA

While quantities last. Third Misa polish for free must be of equal or lesser value. Not valid with any other offer. No rain checks. No cash value. See in store for details on promotion and contest. Contest ends June 30th, 2012.

Beauty Products and Salon Services
For store locations visit www.tradesecrets.ca

Extoggery

Designer Fashions and Accessories for Ladies and Men

Save 50%-75% OFF Suggested retail prices

Don't Need It?
Want It? Use It?
CONSIGN IT!

For more info and store locations visit:
www.extoggery.com

4
SPORTS

MLB

Blue Jays' Drabek shelved for 2012 with torn UCL

Toronto right-hander Kyle Drabek will undergo Tommy John surgery Tuesday and miss the remainder of the season. Drabek felt a "popping sensation" in his elbow last week during an outing against the Washington Nationals. Preliminary tests showed Drabek suffered a torn ulnar collateral ligament and a second opinion from Dr. James Andrews confirmed the diagnosis. The 24-year-old underwent the same procedure four years ago while a member of the Philadelphia Phillies' farm system and required 13 months recovery and rehab before returning to the major leagues.
THE ASSOCIATED PRESS

On the web

The New Orleans Hornets appear serious about pairing another big man with consensus top draft choice Anthony Davis. New Orleans hosted six-foot-11 Baylor forward Perry Jones III and six-foot-nine Ohio State forward Jared Sullinger for pre-draft workouts on Monday. Scan the code for the story.

Roger Clemens talks to members of the news media after his acquittal on Monday in Washington, D.C. CHIP SOMODEVILLA/GETTY IMAGES

Clemens acquitted after 'a hard five years'

MLB. Jury finds seven-time Cy Young winner didn't lie to U.S. Congress in 2008

Quoted

"The jury has spoken in this matter, and we thank them for their service. We respect the judicial process and the jury's verdict."
A written statement from the U.S. Attorney's Office after Clemens' acquittal.

Roger Clemens was acquitted Monday on all charges that he obstructed and lied to Congress in denying he used performance-enhancing drugs to build his career as one of the greatest pitchers in baseball history.

"I'm very thankful," Clemens said, choking up as he spoke after the verdict.

"It's been a hard five years," said the pitcher, who was retried after an earlier prosecution ended in a mistrial.

This trial was lengthy, but the deliberations were relatively brief. Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped the U.S. government's investigation of the pitcher.

Emotional hugs among Clemens and family members followed the verdict, including one large group hug in the courtroom. At one point, wife Debbie Clemens dabbed his eyes with a tissue.

Outside, at one point, Clemens stopped to compose himself.

Accused of cheating to achieve and extend his success — and then facing felony charges that he lied about it — he declared, "I put a lot of hard work into that career."

He said he appreciated "my teammates who came in and the emails and phone calls" of support. With his four sons standing behind him, Clemens thanked his lawyers, his family, his sisters and his wife.

His chief lawyer, Rusty Hardin, walked up to a bank of microphones and exclaimed: "Wow!"

Hardin said Clemens had to hustle to get to court in time to hear the verdict. "All of us had told Roger there wouldn't be a verdict for two, three or four days, so he was actually working out with his sons almost at the Washington Monument when he got the call that there was a verdict."

Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centred on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins.
THE ASSOCIATED PRESS

Tennis

On-court outburst costs Nalbandian

David Nalbandian was fined the maximum $12,560 US and placed under police investigation for assault after kicking an advertising board and injuring a line judge during the Queen's Club final.

The ATP confirmed the fine for unsportsmanlike conduct on Monday and said the Argentine player also was stripped of his 36,500 pounds ($57,350) in prize money.

London police said they were investigating a complaint of assault filed against Nalbandian, who was defaulted from Sunday's match against Marin Cilic in the grass-court Wimbledon warm-up event.
THE ASSOCIATED PRESS

David Nalbandian in London on Sunday. THE ASSOCIATED PRESS

Rankings

Mayweather still 'Money' while in the slammer

The world's highest-paid athlete is in jail.

Forbes has released its list of the 100 highest-paid athletes, and boxer Floyd (Money) Mayweather Jr. is No. 1. Mayweather, who made $85 million US for two fights last year, is currently serving a three-month jail sentence in Las Vegas for domestic battery.
THE ASSOCIATED PRESS

Cassano leads Italy to quarter-finals

Antonio Cassano of Italy celebrates scoring the opening goal against Ireland on Monday in Poznan, Poland. CLIVE MASON/GETTY IMAGES

Blowing kisses to the crowd with a joyous grin on his face, it was a different Antonio Cassano who walked off the pitch this time.

Cassano, who wept uncontrollably after Italy was eliminated from the 2004 European Championship, scored the decisive goal Monday as Italy beat Ireland 2-0 to reach the Euro 2012 quarter-finals.

"We Italians are used to suffering, but we always give our best," said Cassano, who nearly lost his life with stroke-like symptoms seven months ago and then required minor heart surgery.

"The victory was something we struggled for but the most important thing was to get through the group."

With Italy needing a win to stand a chance of advancing, Cassano scored the first goal. He headed in with his back to the goal by the near post following a corner kick in the 35th minute on a warm and muggy night in Poznan, Poland.

Substitute Mario Balotelli doubled the lead in the 90th, a minute after Ireland was reduced to 10 men when Keith Andrews picked up his second yellow card.
THE ASSOCIATED PRESS

Spain-Croatia

Unconvincing as it was, it was still enough for Spain.

- The defending Euro champions advanced to the quarter-finals on Monday, getting an 88th-minute goal from substitute Jesus Navas in a 1-0 win over Croatia.
- Spain dominated possession as expected but failed to create many clear opportunities at the Arena Gdansk in Poland.

Three Toronto FC players land in jail after night out in Houston

Public intoxication charges. Bad news off the field for club that is 1-10-0 this season

These photos provided by the Houston Police Department show Toronto FC players, from left, Miguel Aceval, Nick Soolsma and Luis Silva after their arrest early Monday in Houston. THE ASSOCIATED PRESS/HOUSTON POLICE DEPARTMENT

Toronto FC's season is lurching from bad to worse, with the arrest and jailing of three players early Monday in Houston after a drunken brawl in the parking lot of a downtown dance club.

Defender Miguel Aceval, midfielder Luis Silva and forward Nick Soolsma face Class C misdemeanor charges for public intoxication after the incident outside Club Escobar at 2:45 a.m., said Victor Senties of the Houston police.

Silva took off after confronting police but was chased down and arrested, Senties said.

"They were pretty intoxicated and belligerent," Senties said in an interview.

Police responded to a disturbance in the parking lot. The crowd was dispersing when officers arrived to clear the rest of them out.

Aceval, 29, and Soolsma, 24, had "small abrasions on their head and face believed to be caused by a fight," said Senties, adding that it's not clear who they fought or what started the scrap.

Aceval was the first one arrested.

"He was repeatedly given verbal commands to leave the scene and he wouldn't do it," Senties said.

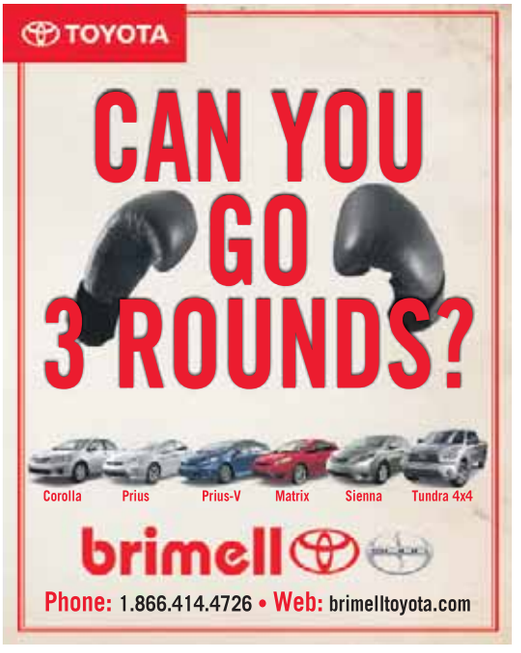
After that, Silva came over and got "really angry" with the officers, cursing before he "takes off running," Senties said. He was arrested less than a block away. Soon after, Soolsma was arrested.

The players were the only ones jailed in the incident. All three have been released from jail.

Last-place Toronto FC, in Houston for a league game Wednesday night, said in a statement that all three players remain with the team as "we continue to investigate this matter.

"As such, the team will not provide any further comment at this time."

The club suffered its 10th loss of the season Saturday at Sporting Kansas City. It was the debut of new coach Paul Mariner. TORSTAR NEWS SERVICE



DO YOU USE STIMULANT DRUGS?

We are currently seeking women,18 to 55 years of age, who have non-medicinal drug experience with stimulants like amphetamine, cocaine, methamphetamine, phentermine, methylphenidate, or MDMA for a clinical research study.

Study consists of one screening visit, one 5-day qualification visit, six 3-day treatment visits, and one follow-up visit.

Financial compensation up to $4080.

inc Research®

www.studies4u.com
416.640.4004 • 1.866.222.8063
720 King Street West, 7th Floor (north elevators)

NBA TV BROUGHT TO YOU BY NBA TV CANADA NBA TV

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	41	25	.621	—
Baltimore	39	28	.582	2½
Tampa Bay	37	29	.561	4
Toronto	34	32	.515	7
Boston	33	33	.500	8

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	35	31	.530	—
Cleveland	34	32	.515	1
Detroit	32	34	.485	3
Kansas City	29	35	.453	5
Minnesota	26	39	.400	8½

WEST DIVISION

	W	L	Pct	GB
Texas	40	27	.597	—
Los Angeles	36	31	.537	4
Oakland	31	36	.463	9
Seattle	29	39	.426	11½

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	38	26	.594	—
New York	36	32	.529	4
Atlanta	35	32	.522	4½
Miami	33	33	.500	6
Philadelphia	31	37	.456	9

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	38	28	.576	—
Pittsburgh	34	31	.523	3½
St. Louis	34	33	.507	4½
Milwaukee	30	36	.455	8
Houston	27	39	.409	11
Chicago	22	44	.333	16

WEST DIVISION

	W	L	Pct	GB
Los Angeles	42	25	.627	—
San Francisco	37	30	.552	5
Arizona	32	34	.485	9½
Colorado	25	40	.385	16
San Diego	24	43	.358	18

Monday's results
No Games Scheduled.
Sunday's result
Cincinnati 3 N.Y. Mets 1
Tuesday's game — All Times Eastern
Colorado (Outman 0-2) at Philadelphia (Hamels 9-3), 7:05 p.m.

INTERLEAGUE

Monday's results
Cleveland 10 Cincinnati 9
N.Y. Mets 5 Baltimore 0
N.Y. Yankees 6 Atlanta 2
Kansas City at Houston
Chicago Cubs at Chicago White Sox
Toronto at Milwaukee
Seattle at Arizona
San Francisco at L.A. Angels
Texas at San Diego
Sunday's results
Toronto 6 Philadelphia 2
Baltimore 2 Atlanta 0
Boston 7 Chicago Cubs 4
Detroit 5 Colorado 0
Kansas City 5 St. Louis 3 (15 innings)
L.A. Angels 2 Arizona 0
LA Dodgers 2 Chicago W.Sox 1 (10 inn.)
Minnesota 5 Milwaukee 4 (15 inn.)
N.Y. Yankees 4 Washington 1
Pittsburgh 9 Cleveland 5
San Diego 2 Oakland 1
Seattle 2 San Francisco 1
Tampa Bay 3 Miami 0
Texas 9 Houston 3
Tuesday's games — Al Times Eastern
Atlanta (T.Hudson 4-3) at N.Y. Yankees (Kuroda 6-6), 7:05 p.m.
Cincinnati (Leake 2-5) at Cleveland (Tomlin 3-4), 7:05 p.m.
Minnesota (Diamond 5-2) at Pittsburgh (Correia 2-6), 7:05 p.m.
St. Louis (Lynn 10-2) at Detroit (Verlander 6-4), 7:05 p.m.
Tampa Bay (Price 8-4) at Washington (Wang 2-2), 7:05 p.m.
Baltimore (Tom.Hunter 3-3) at N.Y. Mets (J.Santana 4-3), 7:10 p.m.
Miami (Buehrle 5-7) at Boston (Buchholz 7-2), 7:10 p.m.
Kansas City (Hochevar 3-7) at Houston (W.Rodriguez 6-4), 8:05 p.m.
Chicago Cubs (T.Wood 0-3) at Chicago White Sox (Peavy 6-2), 8:10 p.m.
Toronto (Undecided) at Milwaukee (Marcum 5-3), 8:10 p.m.
Seattle (Er.Ramirez 0-1) at Arizona (D.Hudson 3-1), 9:40 p.m.
L.A. Dodgers (Harang 5-3) at Oakland (McCarthy 5-3), 10:05 p.m.
San Francisco (Zito 5-4) at L.A. Angels (C.Wilson 7-4), 10:05 p.m.
Texas (Feldman 0-6) at San Diego (Volquez 3-6), 10:05 p.m.

AUTO RACING

NASCAR SPRINT CUP

Through June 17
POINTS LEADERS
1. Matt Kenseth, 565 points; 2. Dale Earnhardt Jr., 561; 3. Greg Biffle, 548; 4. Jimmie Johnson, 532; 5. Denny Hamlin, 514; 6. Kevin Harvick, 504; 7. Martin Truex Jr., 497; 8. Tony Stewart, 491; 9. Clint Bowyer, 481; 10. Brad Keselowski, 458.
11. Carl Edwards, 456; 12. Kyle Busch, 432; 13. Ryan Newman, 427; 14. Paul Menard, 421; 15. Joey Logano, 407; 16. Kasey Kahne, 391; 17. Marcos Ambrose, 388; 18. Jamie McMurray, 377; 19. Juan Pablo Montoya, 377; 20. Jeff Gordon, 375.
21. Jeff Burton, 375; 22. Aric Almirola, 372; 23. Mark Martin, 341; 24. A J Allmendinger, 330; 25. Regan Smith, 326; 26. Bobby Labonte, 316; 27. Kurt Busch, 289; 28. Casey Mears, 267; 29. David Ragan, 261; 30. David Gilliland, 246.
31. Travis Kvapil, 220; 32. Landon Cassill, 214; 33. Dave Blaney, 212; 34. David Reutimann, 198; 35. J.J. Yeley, 106; 36. David Stremme, 103; 37. Michael McDowell, 83; 38. Brian Vickers, 66; 39. Tony Raines, 61; 40. Ken Schrader, 60.
41. Brendan Gaughan, 50; 42. Josh Wise, 45; 43. Terry Labonte, 42; 44. Stephen Leicht, 34; 45. Scott Riggs, 27; 46. Michael Waltrip, 26; 47. Hermie Sadler, 13; 48. Scott Speed, 12; 49. Bill Elliott, 7; 50. Robby Gordon, 6.
MONEY LEADERS
1. Jimmie Johnson, US$4,183,768; 2. Matt Kenseth, $4,062,876; 3. Denny Hamlin, $3,245,555; 4. Tony Stewart, $3,153,810; 5. Greg Biffle, $3,100,328; 6. Dale Earnhardt Jr., $3,073,195; 7. Kyle Busch, $3,048,273; 8. Kevin Harvick, $2,736,015; 9. Brad Keselowski, $2,673,555; 10. Carl Edwards, $2,509,059.
11. Martin Truex Jr., $2,503,018; 12. Ryan Newman, $2,430,103; 13. Jeff Gordon, $2,416,408; 14. Jeff Burton, $2,400,740; 15. A J Allmendinger, $2,315,395; 16. Clint Bowyer, $2,231,813; 17. Aric Almirola, $2,160,530; 18. Marcos Ambrose, $2,142,275; 19. Kasey Kahne, $2,135,621; 20. Jamie McMurray, $2,091,415.

GOLF

U.S. OPEN

At San Francisco
Par: 70 (34-36)
Final Round and earnings (in U.S. funds)
(a-denotes amateur)

Webb Simpson, $1,440,000	72-73-68-68—281
Graeme McDowell, $695,916	69-72-68-73—282
Michael Thompson, $695,916	66-75-74-67—282
Jason Dufner, $276,841	72-71-70-70—283
Jim Furyk, $276,841	70-69-70-74—283
Padraig Harrington, $276,841	74-70-71-68—283
John Peterson, $276,841	71-70-72-70—283
David Toms, $276,841	69-70-76-68—283
Ernie Els, $200,280	75-69-68-72—284
Kevin Chappell, $163,594	74-71-68-72—285
Retief Goosen, $163,594	75-70-69-71—285
John Senden, $163,594	72-73-68-72—285
Lee Westwood, $163,594	73-72-67-73—285
Casey Wittenberg, $163,594	71-77-67-70—285
K.J. Choi, $118,969	73-70-74-69—286
Fredrik Jacobson, $118,969	72-71-68-75—286
Martin Kaymer, $118,969	74-71-69-72—286
Adam Scott $118,969	76-70-70-70—286
Steve Stricker, $118,969	76-68-73-69—286
Aaron Watkins, $118,969	72-71-72-71—286
Blake Adams, $86,348	72-70-70-75—287
Raphael Jacquelin, $86,348	72-71-73-71—287
Justin Rose, $86,348	69-75-71-72—287
Nick Watney, $86,348	69-75-73-70—287
Tiger Woods, $86,348	69-70-75-73—287
a-Jordan Spieth, $0	74-74-69-70—287
Nicolas Colsaerts, $68,943	72-69-71-76—288
Matt Kuchar, $68,943	70-73-71-74—288
Morgan Hoffmann, $53,168	72-74-73-70—289
Robert Karlsson, $53,168	70-75-72-72—289
Scott Langley, $53,168	76-70-70-73—289
Davis Love III, $53,168	73-74-73-69—289
Francesco Molinari, $53,168	71-76-72-70—289
Kevin Na, $53,168	74-71-71-73—289
Alistair Presnell, $53,168	70-74-75-70—289
Charlie Wi $53,168	74-70-71-74—289
Beau Hossler, $0	70-73-70-76—289
Sergio Garcia, $44,144	73-71-71-75—290
Hunter Mahan $44,144	72-71-73-74—290
Charl Schwartzel $44,144	73-70-74-73—290
Alex Cejka, $38,816	78-69-70-74—291
Rickie Fowler, $38,816	72-76-71-72—291
Zach Johnson, $38,816	77-70-73-71—291
Ian Poulter, $38,816	70-75-73-73—291
a-Patrick Cantlay, $0	76-72-71-72—291
Angel Cabrera $31,979	72-76-69-75—292
Bob Estes, $31,979	74-73-71-74—292
Hunter Hamrick, $31,979	77-67-71-77—292
Steve LeBrun, $31,979	73-75-69-75—292
Matteo Manassero, $31,979	76-69-73-74—292
Simon Dyson, $24,912	74-74-74-71—293
Hiroyuki Fujita, $24,912	75-71-73-74—293
Branden Grace, $24,912	71-74-73-75—293
Jesse Mueller, $24,912	75-73-74-71—293
Nicholas Thompson, $24,912	74-74-72-73—293
Michael Allen $21,995	71-73-77-73—294
Jonathan Byrd, $21,995	71-75-71-77—294
Jeff Curl, $21,995	73-75-71-75—294
Matthew Baldwin, $19,955	74-74-73-74—295
Jason Day, $19,955	75-71-76-73—295
Jae-bum Park, $19,955	70-74-77-74—295
Darron Stiles, $19,955	75-71-73-76—295
Kevin Streelman, $19,955	76-72-72-75—295
Bo Van Pelt, $19,955	78-70-76-71—295
Phil Mickelson, $18,593	76-71-71-78—296
Marc Warren, $18,593	73-72-74-77—296
K.T. Kim, $18,113	74-72-74-77—297
Stephen Ames, $17,633	**74-73-79-72—298**
Keegan Bradley, $17,633	73-73-75-77—298
Rod Pampling, $17,153	74-73-74-78—299
Jason Bohn, $16,833	70-75-78-78—301
Joe Ogilvie, $16,512	73-75-76-79—303

TENNIS

WTA AEGON CLASSIC

At Birmingham, England
Monday's result
Singles — Championship
Melanie Oudin, U.S., def. Jelena Jankovic (5), Serbia, 6-4, 6-2.

WIMBLEDON QUALIFYING

At Roehampton, England
Monday's results
Men
Singles — First Round
Erik Chvojka, Montreal, def. Bobby Reynolds (14), U.S., 6-3, 5-7, 11-9.
Peter Polansky, Thornhill, Ont., def. Pablo Galdon, Argentina, 6-4, 6-1.
Doubles — First Round
Rik de Voest, South Africa, and **Adil Shamasdin, Pickering, Ont.**, def. John Paul Fruttero, U.S., and Raven Klaasen (1), South Africa, 6-7 (2), 6-4, 6-3.

ATP-WTA AEGON INTERNATIONAL

At Eastbourne, England
Monday's results
Men
Singles — First Round
Marcos Baghdatis, Cyprus, def. Pablo Andujar (8), Spain, 6-1, 6-1.
Ryan Harrison, U.S., def. **Vasek Pospisil, Vernon, B.C.,** 3-6, 7-6 (2), 7-6 (6).
Carlos Berlocq, Argentina, def. Mikhail Kukushkin, Kazakhstan, 3-6, 6-4, 6-2.
Fabio Fognini, Italy, def. Albert Ramos, Spain, 7-6 (2), 6-7 (3), 6-2.
Jeremy Chardy, France, def. Paul-Henri Mathieu, France, 7-5, 6-7 (5), 7-6 (4).
Jamie Baker, Britain, def. Donald Young, U.S., 6-1, 6-4.
Marinko Matosevic, Australia, def. James Ward, Britain, 4-6, 6-1, 6-4.
Women
Singles — First Round
Daniela Hantuchova (8), Slovakia, def. Anne Keothavong, Britain, 6-2, 6-3.
Aleksandra Wozniak, Blainville, Que., def. Galina Voskoboeva, Kazakhstan, 6-3, 4-6, 7-6 (5).
Tamira Paszek, Austria, def. Marina Erakovic, New Zealand, 7-5, 6-1.
Chanelle Scheepers, South Africa, def. Mona Barthel, Germany, 6-1, 4-6, 6-1.

ATP-WTA UNICEF OPEN

At Den Bosch, Netherlands
Monday's results
Men's Singles — First Round
Jurgen Melzer, Austria, def. Igor Kunitsyn (3), Russia, 6-1, 6-1.
Mate Pavic, Croatia, def. Robin Haase (4), Netherlands, 6-4, 7-6 (2).
Olivier Rochus, Belgium, def. Malek Jaziri, Tunisia, 6-3, 4-0 (retired).
Women's Singles — First Round
Kirsten Flipkens, Belgium, def. Sam Stosur (1), Australia, 7-6 (7), 6-3.
Kateryna Bondarenko, Ukraine, def. Sara Errani (2), Italy, 5-7, 6-3, 6-4.
Dominika Cibulkova (3), Slovakia, def. Alexandra Cadantu, Romania, 6-2, 6-2.
Nadia Petrova (4), Russia, def. Kiki Bertens, Netherlands, 6-2, 6-4.
Francesca Schiavone, Italy, def. Maria Kirilenko (5), Russia, 6-4, 3-6, 7-5.
Roberta Vinci (6), Italy, def. Eleni Daniilidou, Greece, 6-3, 7-5.
Monica Niculescu, Romania, def. Barbora Zahlavova Strycova, Czech Republic, 7-6 (6), 6-3.
Irina-Camelia Begu, Romania, def. Iveta Benesova, Czech Republic, 6-4, 6-1.
Shahar Peer, Israel, def. Akgul Amanmuradova, Uzbekistan, 6-2, 6-4.

NBA PLAYOFFS

THE FINALS

(Best of 7)
All Times Eastern
OKLAHOMA CITY (W2) VS. MIAMI (E2)
(Miami leads series 2-1)
Sunday's result
Miami 91 Oklahoma City 85
Thursday's result
Miami 100 Oklahoma City 96
Tuesday's game
Oklahoma City at Miami, 9 p.m.
Thursday's game
Oklahoma City at Miami, 9 p.m.
Sunday, June 24
x-Miami at Oklahoma City, 8 p.m.
Tuesday, June 26
x-Miami at Oklahoma City, 9 p.m.
x — played only if necessary.

TRANSACTIONS

NHL

CHICAGO BLACKHAWKS — Agreed to terms with F Brandon Bollig and F Ben Smith on two-year contracts and G Carter Hutton on a one-year contract. Released G Alexander Salak.
DALLAS STARS — Named Curt Fraser assistant coach.
NASHVILLE PREDATORS — Signed G Magnus Hellberg to an entry-level contract.

CFL

PRE-SEASON

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	1	1	0	0	29	24	2
Winnipeg	1	1	0	0	22	10	2
Hamilton	1	0	1	0	24	29	0
Montreal	1	0	1	0	10	22	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	1	1	0	0	44	10	2
Calgary	1	1	0	0	20	17	0
Edmonton	1	0	1	0	17	20	0
Saskatchewan	1	0	1	0	10	44	0

WEEK ONE
Friday's result
Calgary 20 Edmonton 17
Thursday's result
Winnipeg 22 Montreal 10
Wednesday's results
B.C. 44 Saskatchewan 10
Toronto 29 Hamilton 24
WEEK TWO
Tuesday's game — All Times Eastern
Montreal at Toronto, 12 noon (changed from 7:30 p.m.)
Wednesday's game
Hamilton at Winnipeg, 8 p.m.
Thursday's game
B.C. at Edmonton, 9 p.m.
Friday's game
Calgary at Saskatchewan, 9 p.m.
End of 2012 CFL Pre-season

SOCCER

EURO 2012

All Times Eastern

FIRST ROUND

x — clinched quarter-final berth
GROUP A

	GP	W	D	L	GF	GA	Pt
x-Czech Rep.	3	2	0	1	4	4	6
x-Greece	3	1	1	1	3	3	4
Russia	3	1	1	1	5	3	4
Poland	3	0	2	1	2	3	2

Saturday's results
At Warsaw, Poland
Greece 1 Russia 0
At Wroclaw, Poland
Czech Republic 1 Poland 0
GROUP B

	GP	W	D	L	GF	GA	Pt
x-Germany	3	3	0	0	5	2	9
x-Portugal	3	2	0	1	5	4	6
Denmark	3	1	0	2	4	5	3
Netherlands	3	0	0	3	2	5	0

Sunday's results
At Kharkiv, Ukraine
Portugal 2 Netherlands 1
At Lviv, Ukraine
Germany 2 Denmark 1
GROUP C

	GP	W	D	L	GF	GA	Pt
x-Spain	3	2	1	0	6	1	7
x-Italy	3	1	2	0	4	2	5
Croatia	3	1	1	1	4	3	4
Ireland	3	0	0	3	1	9	0

Monday's results
At Gdansk, Poland
Spain 1 Croatia 0
At Poznan, Poland
Italy 2 Ireland 0
GROUP D

	GP	W	D	L	GF	GA	Pt
France	2	1	1	0	3	1	4
England	2	1	1	0	4	3	4
Ukraine	2	1	0	1	3	3	3
Sweden	2	0	0	2	3	6	0

Tuesday's games
At Kiev, Ukraine
Sweden vs. France, 2:45 p.m.
At Donetsk, Ukraine
England vs. Ukraine, 2:45 p.m.

QUARTER-FINALS

Thursday's game
At Warsaw, Poland
Czech Republic vs. Portugal, 2:45 p.m.
Friday's game
At Gdansk, Poland
Germany vs. Greece, 2:45 p.m.
Saturday, June 23
At Kiev, Ukraine
Spain vs. Second D, 2:45 p.m.
Sunday, June 24
At Donetsk, Ukraine
Italy vs. First D, 2:45 p.m.

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	16	9	4	3	29	19	30
Kansas City	13	9	3	1	19	10	28
New York	14	8	4	2	27	21	26
Chicago	14	6	5	3	18	18	21
Houston	13	5	4	4	15	16	19
Columbus	13	5	4	4	13	13	19
New England	14	5	7	2	18	18	17
Montreal	14	4	7	3	19	22	15
Philadelphia	12	2	8	2	8	15	8
Toronto	11	1	10	0	8	23	3

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	15	10	3	2	25	14	32
San Jose	14	8	3	3	27	17	27
Vancouver	14	7	3	4	17	15	25
Seattle	14	7	4	3	17	13	24
Colorado	14	6	7	1	20	19	19
Chivas USA	14	4	7	3	9	17	15
Los Angeles	14	4	8	2	16	21	14
Portland	13	3	6	4	12	16	13
Dallas	16	3	9	4	16	26	13

Sunday's results
Chicago 3 New York 1
Los Angeles 1 Portland 0
Wednesday's games — All Times Eastern
Toronto at Houston, 9 p.m.
Los Angeles at Real Salt Lake, 9 p.m.
San Jose at Colorado, 9:30 p.m.
Kansas City at Seattle, 10 p.m.
Montreal at Chivas USA, 10:30 p.m.
New York at Vancouver, 11 p.m.

NBA The Finals
TONIGHT 9:00PM
THUNDER OKC GAME 4 VS SERIES 1-2 MIAMI HEAT
CATCH THE GAME LIVE ON TSN
GAME 5 THURSDAY JUNE 21
GAME 6 SUNDAY JUNE 24*
GAME 7 TUESDAY JUNE 26*
*If Necessary

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?
Call the Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee

Get the Facts for FREE 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK ▪ TORONTO ▪ PICKERING / AJAX ▪ MISSISSAUGA / ETOBICOKE ▪ BRAMPTON
For more information visit us online at www.DavidSklar.com

MONEY PROBLEMS?®
Make One Small Monthly Payment For all your DEBTS!

- Stop Collection Calls
- Reduce Your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish Your Credit

Contact us for a FREE & CONFIDENCIAL meeting with one of our Govt. Registered Counsellor
gta credit
Call Now: 310-7700 (no area code required)
Visit: GtaCredit.Com
10 Convenient Locations: Ajax - Brampton - Barrie - Hamilton - London - Mississauga North York - Oshawa - Scarborough - Downtown Toronto

CREDIT PROBLEMS? *Reduce Your Debts*
Consolidate All Your Debts Into
ONE SMALL MONTHLY PAYMENT & PAY NO INTEREST
$ SAVES $ MONEY
We beat any offer in Ontario
GUARANTEED!
We offer free credit checks
416-900-2324
www.empireonecredit.com
EMPIREONE CREDIT SOLUTIONS
Free One on One Consultation
SCARBOROUGH 250 Consumers Rd. Suite 810
OSHAWA 286 King St. W. Suite 303
NORTH YORK 1111 Finch Ave. W. Suite 207
MISSISSAUGA 165 Dundas Ave. W. Suite 307

MORTGAGES 5 Yr Fixed - 3.04%* 5 Yr Variable - 2.85%*
MORTGAGE INTELLIGENCE INC.
- Purchase/Refinance
- Pre-approvals
- Debts Consolidation
- Consolidate Credit Cards & LOC
- Consolidate 1st & 2nd Mortgages
- Self Employed/ Salaried
- Credit Issues

* Conditions apply, OAC.
Rohit Dhawan, AMP, Mortgage Broker FSCO Lic# M08001358
416-816-4444 or rohit.dhawan@migroup.ca
FSCO# 10428, Central Office: 5770 Hurontario St., Suite 600, Mississauga, ON. L5R 3G5

MoneyProvider.com
$500 Loan and more
No credit refused
Fast, easy and secure
www.moneyprovider.com
1-877-776-1660

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505
OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11901

DEBT RELIEF
Are you drowning with debts?
Let us help you:
- consolidate debts, low monthly payments
- settle your debts without a bankruptcy
- reduce the amount to pay back, no interest
- stop harassing creditors and collection calls

Nona Kumar
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line: 416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON.
Offices in Scarborough & Mississauga.
Tel: 416-665-DEBT

PFS **Need a loan?**
Bankrupt? Proposal? Bruised Credit?
Get the *LOWEST* rates
for bad credit personal loans in the GTA
- Car paid off - up to $20,000 (6 years or newer)
- Personal Loan up to $5,000 (1 year on job; $16/hr. min.req.)
- We help repair your credit!

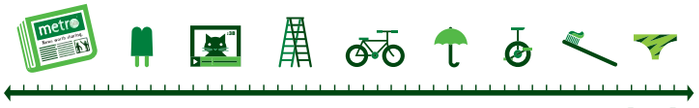
Prudent Financial Services
416-634-2013
PrudentLoanApprovals.com

Matthew Wan
Mortgage Development Manager
647-530-6079
m.wan.nbc@videotron.ca
Take advantage of made-to-measure mortgage solutions
nbc.ca/mortgage
NATIONAL BANK

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

Sharability



NEED COOL DESIGN TIPS?

Read metro home every Thursday.

HELP WANTED

General Help

15 CUSTOMER SERVICE POSITIONS
Training provided to candidates.
$650-$850/week to start. **MON- FRI**
Call to book interview **416-901-6672**

Full Time & Seasonal Positions Available!
NOW HIRING for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **416-479-0134**

Promo Marketing Tele Pros Wanted
Want an honest, fun & profitable working environment, no BS? It's worth the call. Commission only. **647-288-2604**

Education

CCE offers Language Classes at $7/h
ESL, French, Spanish, Business English, etc.
TOEFL, IELTS. Low fees! (Yonge/Bloor)
www.ccet.ca - 416-926-0540

AUTOMOTIVE

Cars & Trucks Wanted

*** We Pay $200-$5000 ***
For YOUR scrap Cars & Trucks!
Call 647-705-9416
FREE TOWING

We Pay $325 to $5000 for Scrap Cars, Vans, Trucks & Cube Vans
24/7 and FREE TOWING
416-419-3300

RENTALS

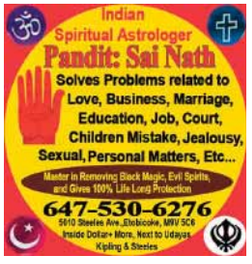
Apartments Unfurnished

SERVICES

Financial

DO YOU HAVE LOCKED-IN PENSION MONEY?
You can have your money from a former pension if you are in financial problems.
(416)832-4468
Pension Benefits Claims

Psychics



Apartments Unfurnished

Psychics

Gold Medalist International Astrologer
Pandit: RAMDEV
Most Powerful Spiritualist from India
Problems... ? Worries End Here
Love * Marriage * Business * Job * Education
Divorce * Court * Child Mistake * Jealousy
Personal Matters * Sexual Problems Etc
Master in Removing Black Magic, Jaadu, Obeau, Witchcraft & Gives 100% Life-Long Protection
Any Problems...Immediate Solutions
647-531-6223
7050 Airport Road, Hull Street,
Hull Village Plaza, L4T 2G8
(Airport & Derry)

Sri Kali Mata Astrology Center
27 Years Experienced
Pandit: Sai Baba
Business, Love, Marriage, Education,
Job, Money Problems, Children Mistakes,
Husband & Wife Relationship, Sexual
Problems, Wealth, Sickness, Depression,
Course, Jealousy, Personal Matter
He will Remove & Destroy all Bad Luck, Black Magic,
Evil Spirits and Gives Life Long Protection
647-719-6999

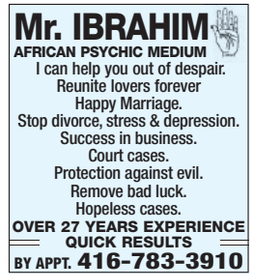
Pandit: RAVI VERMA
Expert in Palm Reading
& Face Reading
If you have Troubles...?
He can Solve them & make
your LIFE TROUBLE-FREE
Enemy Problems * Sexual Prob * Court
Demonic Forces * Sickness * Business
Love * Money * Child * All Negativity
I can Handle any Problem
Removes Black Magic
& Gives Immediate Protection
416-662-7629
Albion & Islington

Indian Famous Astrologer
Mr Jagadish
Pandit is specialist
in all kinds of Astrology
He solves your all problems
Marriage, Business, Job,
Enemy, Sexual, Family,
Children Health, Love,
Depression, Obaau, Vodoo etc.
100% Guarantee
I CAN HANDLE ANY PROBLEM
Remove Black Magic and Bad Luck
in 2 Days and gives immediate protection
All Religious Welcomed
647-532-8224
1290 Finch Ave. W, North York (Keele & Finch)

World Famous Indian Astrologer
Pandit: JAGANNATH
The Pandit is Expert in
Solving problems related to Family,
Health, Education, Court, Business,
Children, Marriage, Enemy,Job Etc
Also he Treats Black Magic and gives
Protection by Pooja and God Blessings
ALL RELIGIONS WELCOME
647-765-8622, 416-616-0252
3085 Islington Ave., Unit B1 North York, M9L 2K9

World Reknown Astrologer
Pandit: Vinayaka Saahu
There are Solutions for
any kind of Problems
Love * Family * Health
Money *Depression *Court Cases *Job
Business * Happiness * Relationship
We do Poojas for Removing Black Magic,
Evil Spirits and Give Immediate Protection
Free Health Protection to Children below 5 years
Ph:647-241-1246
3932 B Keele St., North York (Keele & Finch)

Psychics



Psychics

RACK' EM UP!
Bring some of our half million* readers to your business.
To order your Metro newspaper rack for your retail store and/or office building, please contact Metro at 416-486-4900 ext. 331 or email toronto_distribution@metronews.ca
*Source: NADbank 2009/10; Base: Toronto CMA, Age 18+. 555,800 daily readers
metro
News worth sharing.

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

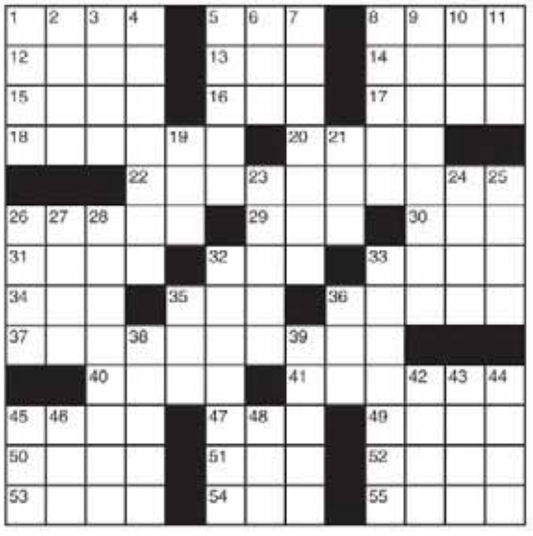
Crossword

Across

1 Drunkards
5 Intention
8 Prayer closer
12 Milne character
13 Detergent brand
14 Encrust
15 Pound of poetry
16 Pouch
17 Secondhand
18 Oddball
20 Picnic invaders
22 Runts
26 Trite
29 Bit of wordplay
30 Ruby or emerald
31 — and the Tramp
32 Chart format
33 List of options
34 Goose, in Guadalajara
35 Corpulent
36 Surroundings
37 Classroom surprises
40 Swivel
41 Of a people
45 Met melody
47 Bath site
49 My Name Is —
50 Van. counterpart
51 Drop the ball
52 Largest of the seven
53 Gridlock sound
54 CSI evidence
55 Grate

Down

1 Gush forth
2 Creep through the cracks
3 Actress Spelling
4 With keenness
5 Man of morals?
6 Playwright Levin
7 Rhesus monkey
8 Less than 90 degrees
9 Rubbed the right way?
10 — out a living
11 Homer Simpson's neighbour
19 Conk out
21 Sister
23 Stocky, heavy-coated dog
24 Griffey Sr. and Jr.
25 Dirty matter
26 Feed the hogs
27 Mexican entree
28 Certain adjustment
32 Made like Manet
33 Get the sound wrong
35 Bear hair
36 Ran into
38 Charlatan
39 Marty in Madagascar is one
42 Houston acronym
43 Rainbow
44 Applaud
45 Interlaken interjection
46 Pi follower
48 Ode subject



Sudoku

	2	8					6	
6					8		7	
1			9		7	3		
	6			9		8		7
3		5		4			1	
		6	2		5			8
	8		1					4
	3					2	5	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	7	4	1	8	9	5	6	2
8	1	2	6	4	5	9	3	7
9	6	5	2	3	7	1	8	4
1	4	8	9	5	6	2	7	3
2	5	6	3	7	1	4	9	8
7	9	3	4	2	8	6	1	5
6	2	7	8	9	4	3	5	1
4	8	9	5	1	3	7	2	6
5	3	1	7	6	2	8	4	9

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XH WFJ'IB NJGZ NFIB QYBBCW AZRS RTT FAZBI GFNYBAXAFIQ, FSB GFJTC QRW WFJ'IB HRQATW QJYBIXFI.

Yesterday's Cryptoquip: THE CROPLAND IS CHOCK-FULL OF SNAKES, I SUPPOSE YOU MIGHT SAY IT'S FARMED AND DANGEROUS.

Today's Cryptoquip Clue: I equals R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 33°/23° Thundershowers 40%
Wednesday 34°/19° Sunny
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network | HD
©The Weather Network 2012

Horoscope

Aries | March 21 - April 20. You are not the sort to compromise your beliefs and opinions and that's good because you will be challenged in some way today.

Taurus | April 21 - May 21. Focus on relationships today and don't worry that you might miss out on a money-making opportunity.

Gemini | May 22 - June 20. If there is something about your everyday existence that you would like to change then now is the time to do something about it.

Cancer | June 21 - July 22. You seem to be more curious than usual about your place in the universe. Don't be scared of asking difficult questions: the answers you get will be hugely enlightening, and maybe more than a little bit profitable too.

Leo | July 23 - Aug. 22. Don't back out of a promise today. If you let even one person down your reputation will suffer.

Virgo | Aug. 23 - Sept. 22. No matter how many times you have clashed with someone in the past they will be on your side today.

Libra | Sept. 23 - Oct. 22. You will become aware today that someone has been keeping things from you, but don't get upset or annoyed about it.

Scorpio | Oct. 23 - Nov. 21. Something that never made much sense before will start to make sense today. A lot of questions that did not seem to have answers will somehow resolve themselves and you'll marvel at just how simple it all is.

Sagittarius | Nov. 22 - Dec. 21. There is an art to saying unpleasant things while making them sound reasonable, even helpful, and if you master that art today you will get a lot of things done

Capricorn | Dec. 22 - Jan 20. Be kind to yourself for a change: do something fun and relaxing.

Aquarius | Jan. 21 - Feb 18. You are right and those who disagree with you are wrong. That's the attitude you will adopt today and in getting things done it will take you far.

Pisces | Feb. 19 - March 20. You won't see eye-to-eye with someone you work or do business with today but you don't have to go to war about it.

SALLY BROMPTON

Caption Contest

"I think I can, I think I can."
bilyana

LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable
Paris Air + First 2 Nights
$494
Chateaudun Opera
+ taxes & fees $523
INCLUDES Opera district area accom near the Moulin Rouge. Departs 21Jun/swg/wg.
1 877 923 2248 | flightcentre.ca
Conditions apply. Ex. Toronto. Package price is per person, based on double occupancy for total length of stay. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. swg/wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

CN162-006 • BMS-820836
Have you tried taking medication for your
DEPRESSION
and not been satisfied with your improvement?
If so, you may wish to consider participating in a clinical research study for people with depression who are not responding to treatment. Eligible study participants may receive study-related: medical care, investigational medication, laboratory work, and evaluations at no cost.
NOW ENROLLING
For a Major Depression Clinical Study. Call Today.
Clinical Trials Office, University Health Network
416-340-4800 ext. 8839
University Health Network

metro
News worth sharing.

CELEBRATE

60 YEARS

PAY NO INTEREST

0% FINANCING FOR 60 MONTHS

ON OUR MOST POPULAR MODELS*

2012 Tiguan
From only **$27,875***

2012 Jetta
From only **$15,875***

+ $500 discount for Volkswagen owners**

Think affordable.

More affordable than ever.

When the first Volkswagen arrived in Canada way back in 1952 people asked questions they wouldn't have asked of any other car manufacturer. Things like "Why is it smiling?" and "Where's the engine?". Their next question would usually be "How much?". "$1,595" was the answer back then, if you're wondering. Well, sixty years and more than 21 million Beetles later, we're marking the occasion with a special finance offer that makes our most popular models more affordable than ever before. Yes, ever. The best-selling 2012 Jetta starts from only $15,875* and the award-winning 2012 Tiguan compact SUV from only $27,875*. People don't usually ask where the engine is anymore, but once they've driven a Volkswagen for the first time they are still surprised by how affordable it is.

Das Auto.

1-800 DRIVE VW

vw.ca

*Limited time purchase finance offer available through Volkswagen Finance, on approved credit, on the following select new and unregistered 2012 models: Jetta, Golf 3-door, Golf 5-door, Tiguan and Passat. TDI Clean Diesel models, Golf GTI, Golf R, Golf Wagon, Jetta GLI, Routan, Eos, CC, Touareg and Beetle models are excluded. MSRP of $15,875/$27,875 for a new and unregistered 2012 Jetta 2.0L / 2012 Tiguan 2.0T base model with 5-speed/6-speed manual transmission. Price excludes $1,365/$1,580 freight and PDI, $29 EHF (tires), $100 air conditioning levy, if applicable, $5 OMVIC fee, $58 PPSA fee, and up to $499 dealer administrative fee. Financed at 0% APR for 60 months equals $287.33/$490.91 per month. Monthly payment finance example includes freight and PDI (with base MSRP of $15,875/$27,875) only. Government levies, OMVIC fee, dealer administration fee and PPSA fee may be financed (on approved credit) or may be paid at signing. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $15,875/$27,875. License, insurance, registration, options, TFFC, if applicable, and other applicable taxes are extra. **Offer of $500 available on cash purchase, lease and purchase financing (through Volkswagen Finance, on approved credit), on new and unregistered 2012 models. Offer available for current Volkswagen owners only. Proof of ownership may be required. Certain conditions apply. Dealer may sell for less. Dealer order/trade may be necessary. Offers end August 31, 2012 and are subject to change or cancellation without notice. 2012 Jetta Highline 2.5L as shown is $24,875. 2012 Tiguan 2.0T with Sport Package as shown is $40,275. Certain options and accessories may be extra. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2012 Volkswagen Canada.